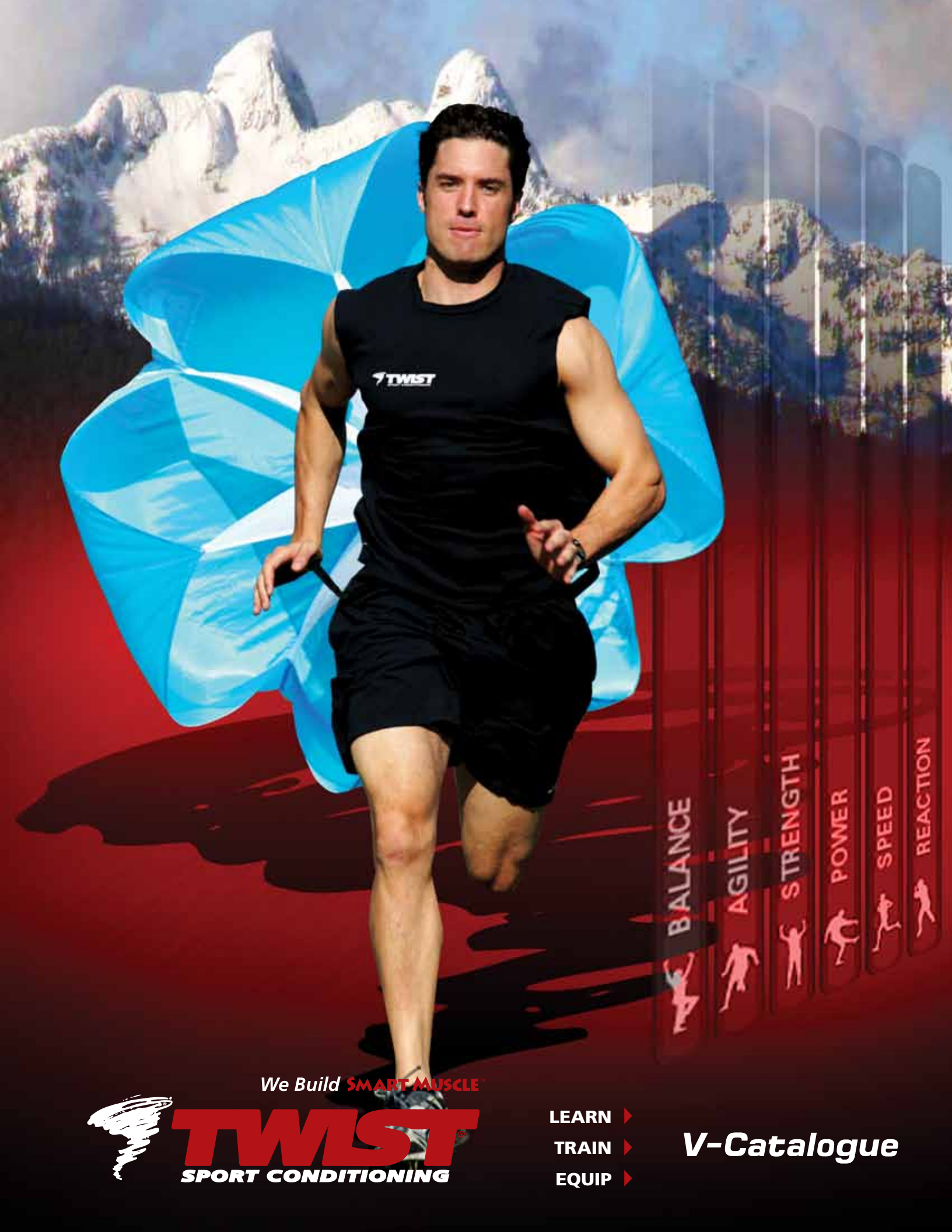

We Build SMART MUSCLE™

TWIST®

SPORT CONDITIONING

LEARN

TRAIN

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V-Catalogue

Welcome to our 2010 V-Catalogue

Use our Interactive V-Catalogue to
LEARN ▸ TRAIN ▸ EQUIP ▸
your sport conditioning world!

We Are Twist Sport Conditioning

▸ ***Navigate:*** *To turn the pages either use the arrow buttons or simply drag the edge of the page.*

▸ ***Tools:*** *Hover over the icons in the tool bar to see what they do. Click to access.*

▸ ***Bookmarks:*** *Right click a page to set a bookmark. Access bookmarked pages from the toolbar icon.*

▸ ***Zoom:*** *Click on a page to zoom or use the slider on the control bar to zoom further. While zoomed, click and drag to navigate.*

▸ ***Search:*** *Use the search box to find text in the catalogue, or click advanced search to open a search window.*

▸ ***Hyperlinks:*** *Hover over many of the objects on each page for links, video clips, and other choices to take you even further.*

▸ ***Informed shopping:*** *Explore these buttons to learn, train and equip yourself with innovative tools.*

LEARN
TRAIN
EQUIP

▸ ***Twist TV:*** *Experience Twist* ***products,*** ***training*** *and* ***learning*** *in action through embedded and linked video.*

To Our Valued **Clients and Customers,**

This catalogue is dedicated to all those who are inspired to dream BIG and live LARGE....to those who are willing to take risks to achieve their goals, to extend beyond your comfort zone and self-imposed boundaries, physically and mentally....to believe that anything is possible with vision, dedication, commitment and effort.....to those who give more of yourselves than you ask in return.....to live with an attitude of gratitude, regardless of one's personal circumstance or hardships.....to leave every person you meet with a smile on their face....and to know that whatever one's goal, its in your control!!

At Twist Sport Conditioning, we are committed to providing the methods, techniques and tools to empower and challenge the Human Machine.... to give everyone the opportunity to live in a body that is strong, powerful, resilient and capable. Through our unique training paradigm, SMART Muscle® Training, we have successful transformed the lives of athletes and dedicated fitness enthusiasts to achieve personal and performance goals, they didn't think possible. Based in science, and proven in the world of elite athletics, SMART Muscle® training offers everyone the opportunity to achieve peak performance, in body, mind and attitude.

With the help and support of countless fitness professionals, coaches, teachers, dedicated fitness enthusiasts and active adults and kids like you, the world over, we are changing the way the world trains.

Join the revolution and Be Ready™ to live a life where There Are No Limits to what you Can Achieve!

With best regards and many thanks for giving us the opportunity to earn your support, respect and your inspiration!

Peter Twist

President, CEO -
Twist Sport Conditioning
President -
Twist Franchise Corp.

We Build SMART MUSCLE™

TWIST® SPORT CONDITIONING

Contents

TWIST BUILDS SMART MUSCLE® 4
Welcome to the Revolution!

TWIST SMART MUSCLE® BALANCE 6
BOSU® Balance Trainer™™
BOSU® Training & Sport Conditioning DVDs
BOSU® Ballast Ball™
Twist SMART MUSCLE® Board™
Twist ABS Pro Stability Ball
Balance Pods

TWIST SMART MUSCLE® AGILITY 16
Twist Agility Ladders
Agility Hurdles
Reaction Belt
Reaction Ball
Aerospeed Skipping Rope

TWIST SMART MUSCLE® STRENGTH AND POWER 22
SMART Toner™
SMART Gym™
SMART Stick™
New SMART MUSCLE® Weighted Vest
Slingshot™
Enforcer™
Explosive Skills
Lateral Speed Developer
Dual Resistance Trainer
Fast Feet / Fast Hands
Ab Blaster
Economy Vertical Master
SMART MUSCLE® Medicine Ball™
Twist Soft Shell Fitness Balls
TRX® Suspension Training Systems
New ViPR

TWIST SMART MUSCLE® SPEED 42
Bullet™
WildCat™
Mach Speed Trainer™
Power Chute

TWIST SMART MUSCLE® RECOVERY 46
New Trigger Point Therapy

TWIST SMART MUSCLE® EDUCATION 58
Twist Sport Conditioning Coach Education Program
Competitive Edge DVD Series
Twist Sport Conditioning DVD Series
Twist SMART MUSCLE® Training Systems
World-Class Educational Opportunities

TWIST SPORT CONDITIONING CENTRE FRANCHISES 68
The highest quality TWIST experience!

TWIST: FEEDBACK FROM THE PROS 72
What the Fitness Pros are saying about TSC

SHOPPING & ORDERING INFO 75
Details and information you need to know

Twist Builds SMART MUSCLE®

We Build SMART MUSCLE™

The **SMART MUSCLE®** *training paradigm, grounded in theory and proven in years of elite athlete training and testing, is based on exercise techniques designed to improve the mind-muscle connection. The result is stronger muscles that are more responsive to the mind's commands, enabling skillful whole body coordinated movement.*

SMART MUSCLE® ***TRAINING*** *focuses on the development of dynamic balance, multi-directional movement and whole body strength to enhance coordination, body awareness, speed, power, agility, and reactivity – all the physical tools that enhance success in the many diverse situations life brings.*

SMART MUSCLE® ***EQUIPMENT*** *provides the innovative and challenging tools for Twist training,*

SMART MUSCLE® ***LEARNING*** *opportunities ensure the capacity of fitness professionals around the world to develop their client's potential within Peter Twist's* **SMART MUSCLE®** *paradygm.*

Don't miss out on new **SMART MUSCLE®** training exercises, work out tips, training tools and special offers. Sign up for our monthly newsletter here SUBSCRIBE

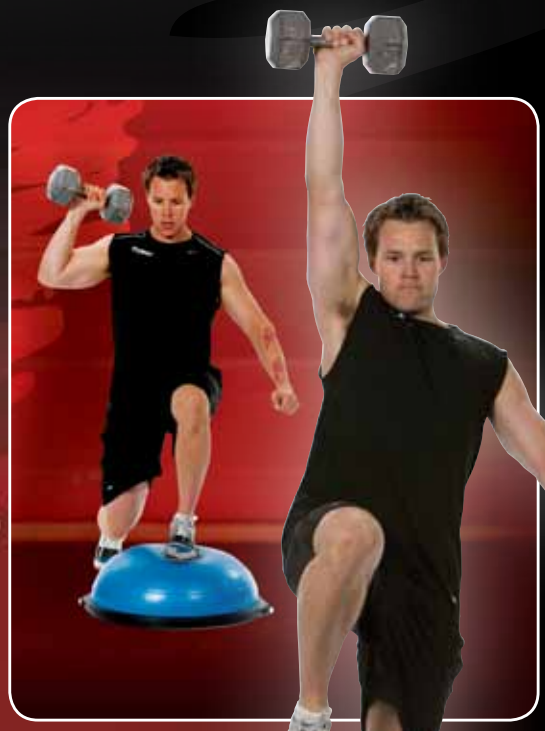
Welcome to the SMART MUSCLE® Revolution!

We want athletes to develop efficient, quick, powerful, deceptive, and confident movement abilities that will translate into increased sport skills, tactics, and overall performance. This method has developed and evolved through years of practical experience and sport science research. Traditional methods of training, such as muscle isolation, machine based training, aerobic training, and linear speed training can all lead to injury.

SMART Muscle™ training draws upon the secondary fitness characteristics: dynamic balance, speed, agility, quickness, multi directional movement skills, muscle reactivity, joint stability, whole body reaction skills, multi-joint strength, whole body power initiation, rotary core power, anaerobic energetics, deceleration and other athletic attributes that contribute to making athletes more skilful and durable. The complete Twist paradigm is coached with an integration of sport movement mechanics and posture, skill technique, individual tactics, and metabolic demands of games. The outcome is a body that is bigger, faster, stronger and smarter, where muscles comply with the mind's commands.

BE READY™

Twist SMARTMUSCLE® Balance



Douglas Brooks - Twist Education Team and World Renowned Fitness Presenter

Balance:

Bal-ance (bal~ens) n. 1. physical and mental steadiness and poise especially while engaged in sport and activity where large and unpredictable forces are acting against you. 2.. Developing balance through "off balance" training with state-of-the-art tools will allow you to safely and gracefully avoid contact with these large and unpredictable forces!

BOSU®

BOSU® Balance Trainer™

A completely unique and multi-dimensional training device, the BOSU™ Balance Trainer allows the user to combine all the elements of fitness: cardiovascular, toning, and flexibility in unique and highly effective combinations. Challenging and fun, the BOSU® gives a whole new meaning to "moving with control" as the user learns to workout on BOSU®'s ever changing surface. Available in Pro and Home models.

BOSU® Balance Trainer™ Pro (Commercial)

New, improved BOSU® Pro Model with commercial grade design and durability. Uses a thick 8lb. bladder. Dually overmolded platform for extra strength. Non-skid, non-marking base.

• **Pro:** includes a BOSU® Balance Trainer™, foot pump, Pro Training DVD and Pro Training Manual. Warrantied for commercial usage (health clubs, studios, clinics, etc.)

LEARN TRAIN EQUIP

BOSU® Balance Trainer™ (Home)

BOSU® Balance Trainer Home-use model uses a single mold process and a 6.5lb. bladder. 6 "feet' provide a non-skid, non-marking base.

• **Consumer Home Kit** includes BOSU® Balance Trainer™ Home model, 30 minute instructional video, owner's manual, and foot pump. Warrantied for Home Use only.

LEARN TRAIN EQUIP

BOSU® Xplode Workout Series DVD New

The ultimate cross-training workout done up BOSU® style! Learn a unique system for incorporating elements of strength, cardio, core, balance and agility into one full body workout, and brand new exercises that use minimal equipment, minimal space, but give MAXIMUM results! Take the versatility of the BOSU® Balance Trainer to a whole new level!

FIVE Complete Workouts on DVD:

1. BURN – Power Core
Be the best that you can be, and then add 1% more each workout.

2. FUSE – Balanced Endurance
Train from the inside out to find your hidden power and strength.

3. AMP – Athletic Agility
Train like an athlete and you'll move like an athlete. Quit is not an option.

4. BURST – Extreme Cardio
Invest yourself in every workout. How hard? How much? How far?

5. LOAD – Intense Strength
Unify your body, earn every rep, and grow physically and mentally stronger.

LEARN TRAIN EQUIP

BOSU® Storage Cart

BOSU® Storage Cart conserves space and efficiently stores up to 14 fully inflated BOSU®s. Fits through a standard door. Dimensions: 49.5" L x 25.0" W x 76.0" H.

EQUIP

Twist BOSU® Resources:

BOSU® Complete Workout System

A straightforward approach to introducing or rejuvenating the BOSU® Balance Trainer™ in your classes or with your clients. The system includes a 190 page, comprehensive training manual, (5) support DVDs that show proper setup and execution of each exercise, (9) laminated workout flow charts to easily create new classes, an exclusive Powermix® music CD and a carrying case to keep everything organized.

LEARN TRAIN EQUIP

BOSU® Pro Series DVDs

The BOSU® Pro Series DVDs offer individuals a variety of ways to train on the BOSU® Balance Trainer™. Choose from a wide variety of training programs from some of the biggest presenters in the fitness industry: Gay Gasper, Rob Glick, Candice Copeland-Brooks, Douglas Brooks, Jay Blahnik, and Mindy Myrlea.

Choose from these great titles:

- BOSU® Cardio Fusion with Rob Glick
- BOSU® Sports Conditioning with Mindy Mylrea
- BOSU® Reactive Strength & Power with Gay Gasper
- BOSU® Strength & Power for Athletes and Personal Trainers with Douglas Brooks
- BOSU® Core Synergy with Candice Copeland Brooks
- BOSU® Equilibrium with Jay Blahnik

LEARN TRAIN EQUIP

BOSU® Sport Conditioning Series DVDs

The BOSU® Sport Conditioning Series is based on innovative sport conditioning techniques developed by Peter Twist. Even with regular workouts at the gym and plenty of team practices, many players have fundamental athletic skills missing from their training program. Training movement skills such as balance, core strength, quickness, agility and power can make a big difference in your sport performance. This series presents workouts for athletes of all levels that can be done at home or gym, created by Sport Conditioning innovators Peter Twist, and Douglas and Candace Brooks.

Choose from these great titles:

- Basketball with Peter Twist
- Golf with Phil Arney
- Baseball with Douglas Brooks
- Hockey with Peter Twist
- Football with Peter Twist
- Tennis with Douglas Brooks
- Skiing with Douglas Brooks
- Soccer with Phil Arney

LEARN TRAIN EQUIP

BOSU® Ballast Ball™

The BOSU® Ballast Ball™ opens the door to exercise progressions and dynamic drills that you simply can't perform with a regular ball.

BOSU® Ballast Ball™

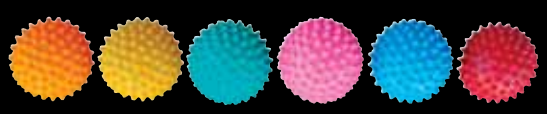
Introducing the BOSU® Ballast Ball™. It stays put and won't wander around the gym. You can easily stack multiple BOSU® Ballast Balls™ on top of each other, so gone are the days of unsightly storage contraptions. The BOSU® Ballast Ball™ includes foot pump and workout DVD.

LEARN TRAIN EQUIP

Balance Pods

A fun and creative way to improve balance. These air filled pods are made of firm plastic making them perfect for beginners. Arrange in any position and jump, hop, or walk from one to another. Start by using flat side down, then progress to round side down.

LEARN TRAIN EQUIP



Twist SMART MUSCLE® Balance

Twist SMART MUSCLE™ Board™:
As part of the Twist Conditioning **SMART MUSCLE®** *product line up, the new design elements of the* **SMART MUSCLE®** *Board allows for additional versatility like training with* **SMART MUSCLE®** *Toners. Try it and experience balance in a whole new way!*

Use with SMART Toners™ to incorporate upper body strength during balance training. EQUIP

TWIST® SPORT CONDITIONING

Twist SMART MUSCLE™ Board™

The Extreme Balance Board, long considered the best balance board in the world, has been re-designed to add new methods to challenge the human machine. Meet the Twist SMART MUSCLE® Board™!

- Engineered contours adopted at each end of the board permit integration of 6 foot SMART Toners™ to overload upper body strength during balance exercises.
- Contoured recess permits all planes of motion and angles of movement while keeping the SMART Toner™ secure
- Integrates balance with whole body strength to recruit and activate all muscle groups including multiple prime movers and stabilizers all firing at fast twitch pace even during slow movement to maximize caloric output and strength gains
- Stimulates elevated heart rate even with slow movements to improve anaerobic fitness
- Places emphasis on posterior chain and standing core: 2 key functions the body does not gain through traditional training
- High density workouts – max caloric output in just a few sets
- SMART MUSCLE® training: dozens of new never-before possible exercises will keep the balance experience fresh while the body enjoys solving the balance-strength puzzle, developing SMART, coordinated bodies.

LEARN TRAIN EQUIP

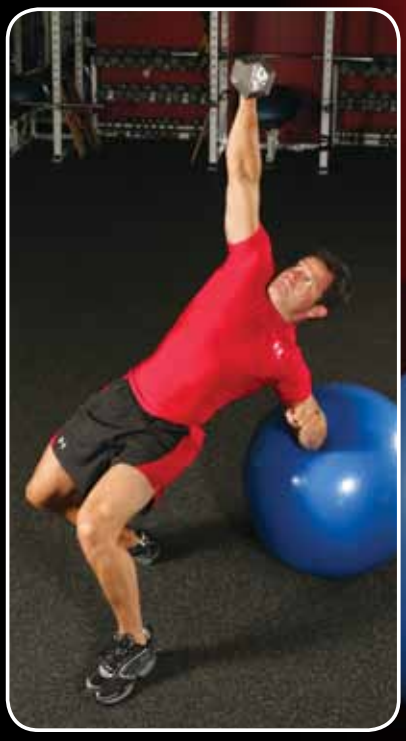
Stability Balls:

You can do a COMPLETE workout with a stability ball from warm-up to core stability, abs and back, upper and lower body strength and endurance, and flexibility exercises! Best of all, stability ball exercises are fun to do because of the constant challenge and coordination requirements.

Twist ABS Pro Stability Ball

Chosen by fitness professionals, physiotherapists, athletes and consumers across the country, the Twist ABS Pro Ball is specially designed for those that prefer a firm, high-quality exercise ball. 100% latex free and non-slip, this is our most popular selling stability ball. Burst rated to 900 lbs, and made to withstand even the most heavy commercial use. Will deflate slowly if punctured. Available in Slate Gray and Royal Blue. You really do get what you pay for!

LEARN TRAIN EQUIP



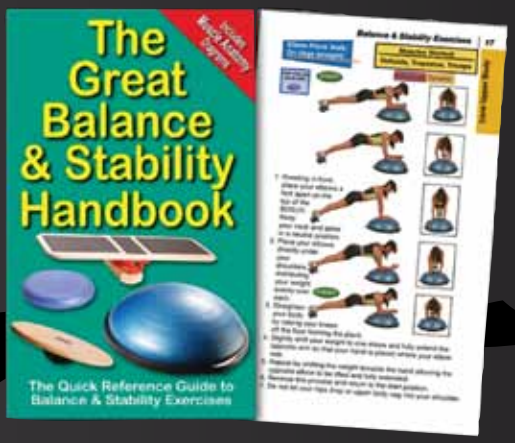
Lorne Golderberg - Twist Education Team

Twist SMART MUSCLE™ Balance Resources:

Sport Balance (from the Twist Sport Conditioning DVD Series)

Techniques designed to improve proprioception, stability, and muscular coordination utilizing the BOSU® Balance Trainer, SMART Muscle™ Board, stability balls, and drills using no equipment. Exercises are progressive, achievable, for the individual new to balance training with advanced challenges for the professional athlete.

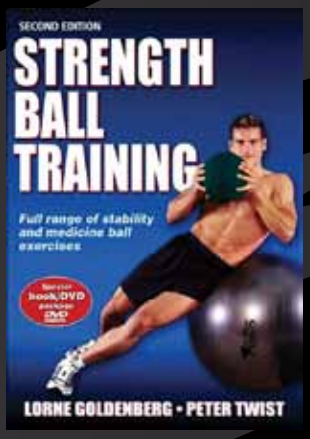
LEARN TRAIN EQUIP



Balance and Stability Handbook

Good balance is key to succeeding in sport and fitness. This handbook is jam-packed with information suitable for beginner and advanced fitness enthusiasts. Learn 88 balance and stability exercises using a BOSU, wobble board, balance cushion and extreme balance board. Printed in color; 64 pages.

LEARN TRAIN EQUIP


SECOND EDITION
STRENGTH BALL TRAINING
Full range of stability and medicine ball exercises
LORNE GOLDENBERG • PETER TWIST

Strength Ball Training Book, 2nd Ed.

Since the release, Lorne Goldenberg's and Peter Twist's Strength Ball Training book has sold more then 60,000 copies, and the use of the stability ball - both commercially and individually - has risen significantly. This updated edition includes more then 120 progressive exervises, grouped by both function and muscle group. With the addition of the instructional DVD, this multimeida package is hte premier strength ball training title on the market. The DVD provides additional instruction for the most complex, technical exercises as well as a complete standard core training program.

LEARN TRAIN EQUIP

"You must be off balance to train for balance"

TWIST SMART MUSCLE® ATHLETES

I'M READY™

"The Twist training gave me an extra gear on the race track. They made me into a competitor!"

Darren James

Professional Motor Cycle Racer
4 Time Canadian Thunderbike Champion

TWIST SPORT CONDITIONING CENTRE

Agility:

The tools in this section are used to train movement skills, footspeed and plyometrics – three key ingredients to multidirectional quickness. These drills are a must for adult functional training to prevent injury and retain mobility with age and in youth to encourage body awareness and coordination.

Twist Agility Ladders

Custom made for Twist Sport Conditioning, our flat rung and solid rung ladders are a standard 30 feet in length- divided into 2 x 15 foot sections, easily attached together via Velcro strips for extended footwork patterns or L shaped drills.

Both our flat rung and solid rung ladders are made of heavy duty nylon and stitched with special strength thread. Both the solid rungs and flat rungs are made from sturdy plastics resulting in ladders that are exceptionally durable and made to withstand daily use.

Both types of ladders come standard with their own convenient drawstring carry bag. Both the flat rung and solid rung models have 22 rungs, 18" square, spaced at 18 inches apart.

- ***Excellent speed ladders for indoor or outdoor training***
- ***Sturdy pipe extrusion solid rungs***
- ***Unbreakable metal insert fabric rungs***
- ***Heavy duty nylon webbing and stitching on all models***

Twist's Flat Rung Ladder

Twist's Flat Rung Ladder uses weighted rods covered by an anti-skid and abrasion resistant nylon webbing, that stays flat and won't move during even the toughest quick feet drills!

LEARN TRAIN EQUIP

Twist's Solid Rung Ladder

Twist's Solid Rung Ladder uses sturdy plastic cylindrical rungs, with nylon webbing through each rung to provide strength and stability.

LEARN TRAIN EQUIP

«Today I will give everything I have,
what I keep inside I will lose forever»

Twist Agility Hurdles and Risers

Improve lateral movement, agility and foot speed. Agility Hurdles are only 6" high, helping teach athletes a key to successful lateral movement: keep the feet close to the ground where they can actually apply force! Agility Hurdles also protect against the high risk impact of traditional plyometrics while harnessing the power of the plyometric action. Lateral cross overs, single leg, or double leg transferring from left to right, and many more variations can be combined with lateral jumps, forwards, stop and starts, and back pedalling. Set of eight. Colours may not be exactly as shown. Optional 6" Hurdle Risers clip on easily and pivot out of the way when not in use.

Shown with optional 6"
Hurdle Risers

LEARN TRAIN EQUIP

Twist Agility Hurdle Features...

- Chemically heat stabilized formula for continued outdoor use
- Superior extrusion: 19mm thick
- Sturdy end-capping
- UV Protected and colour-fast

TWIST SMART MUSCLE® ATHLETES

I'M READY™

"Peter Twist began as a trend-setter in sport – he has by far the best sport-specific training I've ever experienced. Coach Twist is well respected as a leader in the evolution of sport conditioning. My longevity in pro hockey is directly related to his innovative training style!"

Trevor Linden
20 year NHL veteran
Former President of the NHL Players Association
Stanley Cup Finalist
Team Canada Olympian

TWIST SPORT CONDITIONING CENTRE

LIFE is a Sport – LIVE every day.

Slingshot™

Continuously, alternate overspeed passing and resistance running. A SMART Toner™ safety elastic is attached to two swivel belts, allowing athletes to pass one another. Once the elastic is stretched it places the trailing runner in an overspeed condition, accelerating the trailing runner past the lead runner. Once in the lead, runner is now powering forward in a resisted condition. Also great for partner resisted lateral and forward lunges and single leg squats! 4' SMART Toner™ with 2-swivel belts.

LEARN TRAIN EQUIP

Reaction Belt

The ultimate tool for multi directional footwork drills! An adjustable belt fits around the athlete's waist, with an 8' strap connected by velcro at the ends of each strap. The goal of the lead runner is to gain one step on the trail runner and break the velcro connection. The goal of the trail runner is to read and react to the lead runner's changes in speed and direction, to stay close, and not let the connection break. Twist athletes complete face to face shadowing drills for lateral movement, multi direction ability, stopping speed, and reaction skills. Excellent for chase drills to teach athletes the value of deceptive shifts in speed for one-on-one tactics and to practice tight turns.

LEARN TRAIN EQUIP

Reaction Ball

Multi-colour ball is easy to follow, and bounces great! An odd shaped ball with 6 protrusions create very unpredictable bounces. The Reaction Ball teaches athletes to stay low and use the hips, legs and footwork for agility and first step quickness. Random bounce patterns excellent for hand-eye coordination. Bounce off the floor, off of walls and use for many fun partner games as well. Develop lightning reaction skills.

LEARN TRAIN EQUIP

Aeroskip Speedrope

Aeroskip® Professional Gold Speedrope far outperforms and outlasts even the most expensive professional leather rope and is designed for maximum performance on virtually every surface. Constantly lubricated washer provides for a friction free rotation. Fully adjustable. Available in Red or Black.

LEARN TRAIN EQUIP

Twist SMART MUSCLE™ Agility Resources:

Ladders & Hurdles (from the Twist Sport Conditioning DVD Series)

Sport requires that athletes have fast feet, coordination, agility, speed and the ability to change direction quickly. Training athletes with ladders and hurdles is efficient and effective as well as mobile. Build great movement patterns to challenge your athletes using this progressive collection of drills. Equipment Utilized: Flat Rung Agility Ladder, Micro Hurdles. LEARN TRAIN EQUIP

Agility Cones (from the Twist Sport Conditioning DVD Series)

High Tempo, Exciting, Challenging Agility Drills builds competitive spirit and motivates athletes to work hard! Ready to implement in practice or before competition, these drills activate multiple athletes helping build agility and Speed using basic to complex movement configurations. Competition + Play = Hard Work + Fun!. Equipment Utilized: Agility Cones. LEARN TRAIN EQUIP

Agility, Quickness & Reactivity (from the Twist Sport Conditioning DVD Series)

Optimal performance is dependent on effective and efficient movement. Theory, drills, and teaching progressions for speed, agility and quickness training for youth, weekend warriors, and elite athlete alike, are covered in this comprehensive DVD. Single leg, double leg, acceleration, deceleration, lateral movements, stride power, vertical jump and many other movement patterns!

LEARN TRAIN EQUIP

Twist SMARTMUSCLE® Strength & Power

SMART TONER™

The SMART Toner® by Twist® is specifically designed to perform under the most progressive training style on the planet: **SMARTMUSCLE®** *Training.*

A robust sleeve protects the tubing core from pre-mature breakdown, wear, and failure in the field while providing an optimal length tension relationship. Functional, durable, and made from the highest quality materials. From professional athlete to fitness beginner, we've got you covered!

"Training toys come and go, but the SMART Toner™ and SMART Gym™ by Twist Sport Conditioning® is here to stay! Twist products and training style are grounded in science and have impacted how I train my clients and athletes. The **SMARTMUSCLE®** Training style is all about getting results you have never seen before. It works for me and is a direct reflection of a Twist training methodology that has evolved over 20-years. Training with Twist is not only better, it just got SMARTer!"

Douglas Brooks **Author, International Lecturer, Trainer and Video Personality**

TWIST® SPORT CONDITIONING

SMART Toner™ Results:

- Bigger, Faster, Stronger, and SMARTER Muscles
- Whole body exercises to burn max calories
- Improved Balance
- Functional Strength
- Multi-Joint Power
- Agility & Muscle Reactivity
- A SMART, Fit Body!

Features:

- Safe and comfortable
- Sleeve protects tubing core
- Highest quality materials
- Available in various resistances and lengths
- Optimal length tension relationship
- Lightweight and portable
- SMART Toners™ outlast regular tubing 10 to 1

SMART Toners™ are perfect for:

- Trainers
- Coaches
- Athletes
- Physiotherapists
- Kids
- Adults
- Fitness enthusiasts
- Group fitness
- Health clubs
- In Home
- Schools
- Athletic training
- Physical training
- Rehabilitation

LEARN TRAIN EQUIP

Smart Toner™ by Twist: RESISTANCE CHART		
Silver	Ultra Heavy	55 pounds of resistance
Black	Very Heavy	35 pounds of resistance
Blue	Heavy	25 pounds of resistance
Red	Medium	20 pounds of resistance
Lime	Light	15 pounds of resistance
Light Blue	Very Light	10 pounds of resistance

Twist SMART Gym™

Smart Gym™ Specifically designed so you can use it anywhere – the Smart Gym™ is portable, lightweight, and functional. The Smart Gym™ also includes a comprehensive 45 minute DVD workout by Peter Twist illustrating how to safely integrate balance and movement with whole body strength to develop SMARTMUSCLE®. You also receive a bonus foam door anchor which provides you the option of using your Smart Gym™ from multiple anchor points.

The SMART Gym includes: Two 4' Smart Toners™ – Light & Medium Resistance levels for optimal exercise challenge.

- The Smart Stick™ – rugged and portable.
- BONUS – Door Anchor to make your Smart Gym™ even more versatile.
- 45 minute DVD workout by Peter Twist.
- FREE Smart Gym™ Membership valued at over $120.

Receive a free Smart Gym™ membership valued at over $120 with every SMART Gym™ purchase. Register NOW for exclusive access to new exercises, monthly workout programs,and training guidelines and product specials and promo's featuring the complete line of SMARTMUSCLE® products.

The SMART Gym™ is perfect for trainers, coaches, athletes, fitness enthusiasts, seniors, adults, children, business travel, group fitness, in home, sport training, boot camps, rehabilitation, health clubs, schools, and more!

Whether you are striving for a start to a healthier lifestyle or training to be at the top of your game, the SMART Gym™ by Twist will help get you there.

LEARN TRAIN EQUIP

Twist SMART Stick™

The SMART Stick™ by Twist Sport Conditioning allows you to efficiently train your entire body by adding versatility to any workout. The SMART Stick™ was designed to be portable, lightweight, and functional - use it at home, in the office, or when travelling. SMART Toner™ handles slide quickly into the SMART Stick™ and then simply lock into place – allowing you to interchange all 6 SMART Toner™ resistance levels. Exercises for core, legs, butt, chest, back, shoulders and arms give you the full package.

LEARN
TRAIN
EQUIP

TWIST® SPORT CONDITIONING

Introducing...

Twist SMART MUSCLE® Weighted Vest™

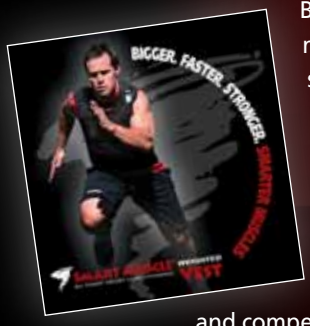
The ULTIMATE strength training tool! Ideal for anybody looking to increase the physical benefits and achieve better, faster results from any physical activity OR athletes and fitness enthusiasts wanting a safe, simple, and effective way to get a more challenging workout from your existing fitness program.

The idea is simple - adding additional weight to your body during physical activity or exercise will cause you to activate and recruit more muscle fibre and expend more energy to keep your body moving. More muscles active equals more calories burned. For those looking to burn fat and lose weight quickly, by adding the SMART Muscle® Weighted Vest to your walking, jogging, or other aerobic activity will help you zap those calories up to 40 percent faster!!

For the athlete looking to increase performance on the field, court, or turf, use a weighted vest to condition your body to exercise with an added load, and gain enhanced endurance, quickness, and speed when the weight is removed. You now move faster, jump higher, and are more powerful!

LEARN TRAIN EQUIP

SMART MUSCLE® Weighted Vest DVD:



Bigger Results! Maximum overload builds muscle, burns more calories and takes strength training to a totally new experience. Use these SMART MUSCLE® Weighted Vest drills to enhance explosive power, total body strength and competitive desire. Portable and easy to load, using these SMART MUSCLE® Weighted Vest exercises will push athletes to blast through to new performance levels immediately. Take the challenge!

LEARN TRAIN EQUIP

Twist SMART MUSCLE® Strength & Power

Strength:

Years ago we coined "Linked System Strength" to emphasize how the body thinks in terms of movement, not individual muscles. We avoid isolation training, preferring lifts that require the entire body to perform, and recommend tools best to achieve this. Sport skills require full-body, harmonized muscle action. In play and in games, you are only as strong as your weakest link in the kinetic chain – our tools and exercises expose and train up weak links. Train with the tools and the exercises that will help strengthen your body from toe to fingertip, allowing you to express strength on the playing field and in real life, not just in the weight room.!

Slingshot™

Continuously, alternate overspeed passing and resistance running. A SMART Toner™ safety elastic is attached to two swivel belts, allowing athletes to pass one another. Once the elastic is stretched it places the trailing runner in an overspeed condition, accelerating the trailing runner past the lead runner. Once in the lead, runner is now powering forward in a resisted condition. Also great for partner resisted lateral and forward lunges and single leg squats! 4′ SMART Toner™ with 2-swivel belts.

LEARN TRAIN EQUIP

Enforcer™

The Enforcer™ was designed to load resistance on the core and glute muscles. Uses two patented SMART Toner™ safety sleeved elastics, attached to individual foot cuffs. Each cuff has 3 possible attachment points to accommodate the best line of pull needed during supine, prone and standing exercises. Rather than endless high-rep ab exercises, it is crucial to train the core like all other muscle groups by overloading the muscles with resistance to build strength and definition. Target the core, glutes and hamstrings with intensity!

LEARN TRAIN EQUIP

Lateral Speed Developer™

Improve your stop and start ability and lateral movement. Most game braking plays are initiated by an explosive direction change requiring a rapid stop-start or a quick lateral movement. The ability to generate explosive actions, to think and react, and to coordinate complex motor skills, all while under fatigue is rarely trained and extremely valuable. Great for one-on-one stop and start shadowing drills. Teach your athletes to be skilful, fast and coordinated when fatigued. Also a valuable tool to correct strength imbalances through the hip abductors and rotators. Includes 2 neoprene padded ankle cuffs attached by a 7" SMART Toner™ safety sleeve elastic. Available in Intermediate and Advanced resistance levels.

LEARN TRAIN EQUIP

Explosive Skills™

Build sport-specific strength by rehearsing explosive sport skills. Attach to ankle for leg movement patterns, or to wrist for throwing and swinging actions. Can also be attached to baseball bat, hockey stick, or other sports equipment to develop power by replicating sport-specific movements. The six foot SMART Toner™ safety elastic stretches to 18 feet to allow full follow through.

LEARN TRAIN EQUIP

TWIST® SPORT CONDITIONING

«Today I will give everything I have,
what I keep inside I will lose forever»

Dual Resistance Trainer

Develop stride power and anaerobic conditioning in the lead position and strong eccentric leg strength in the trail position. A 10' long strap attaches both athletes together. The back runner provides the resistance. The belts are also designed to allow the athletes to rotate and switch positions (trail becomes lead in opposite direction) without making any belt adjustments. Athletes can immediately begin in the opposite direction! Works well on-ice, on-court or on-field. The belt is designed to allow the lead runner to move forwards, sideways or backwards under resistance while the trailing runner can always face the lead in order to apply effective braking action. This is an economical and efficient way to help build powerful legs and train 2 athletes simultaneously. Harness consist in a 10' long strap with 3' loops at each end.

LEARN TRAIN EQUIP

Bullet™

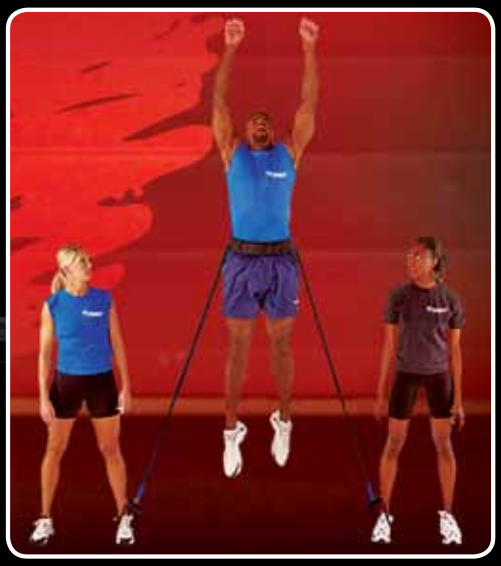
The Bullet™ creates tremendous "jump" in stride and quicker acceleration. A 10' long strap with handle allows the coach to provide strong resistance to the runner before pulling the quick release strap. The coach activated quick release strap is connected to the athlete's shoulder harness or belt with a quick release clip. Coach Twist calls this drill "Let–Goes" and uses it to trick the nervous system into commanding the muscles to shift gears quicker.

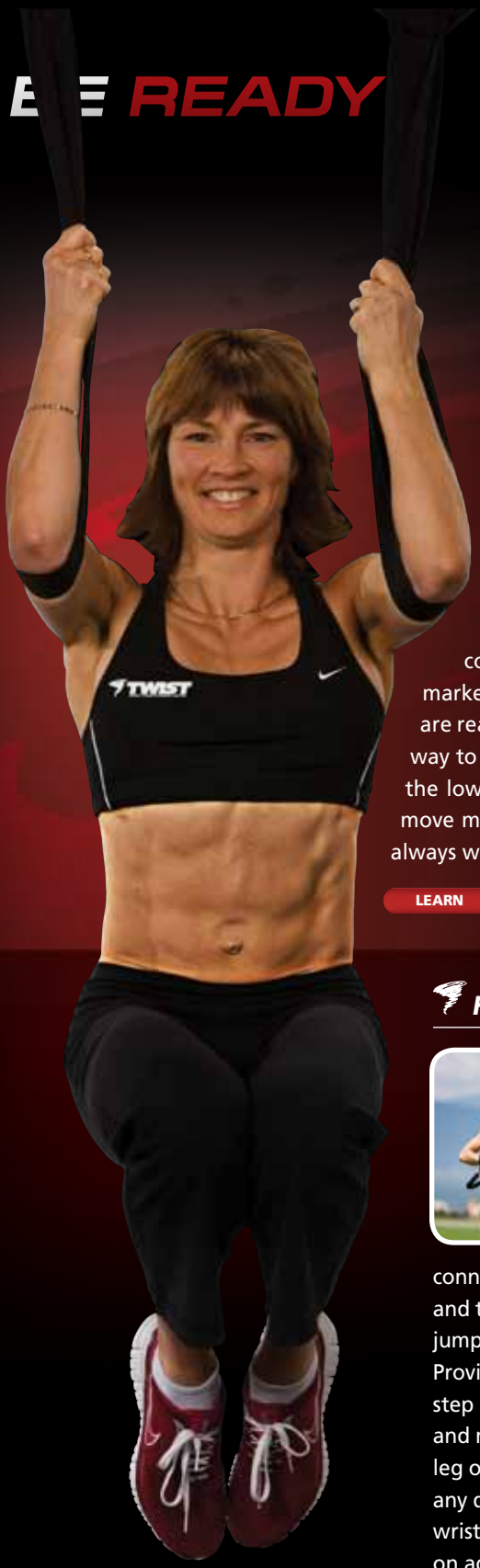
LEARN TRAIN EQUIP

Economy Vertical Master

Use this powerful and portable vertical jump trainer, indoors or outdoors. Includes 2 x 48" SMART Toners™ with up to 80lb. of resistance, one waist belt, two anchor straps, and instructions.

LEARN TRAIN EQUIP





Ab Blaster

Provides a better alternative to other costly abdominal products currently on the market. Easily attaches to any overhead bar and you are ready to go. Padded straps provide a comfortable way to get a complete abdominal workout, especially the lower abs. With the Hanging Abs you are free to move making it easier than ever to get the abs you've always wanted.

LEARN TRAIN EQUIP

Fast Feet / Fast Hands

Build explosive leg action and powerful arms! The padded belt fits securely around the waist, and is connected to 2 SMART Toner™ safety elastics and to two ankle /wrist cuffs. Great for jumping, speed and strength development. Provides resistance for squat jumps, power step ups, SMART Muscle Med Ball™ throws and many sport-specific actions. Develop leg or arm strength while doing nearly any drill or any sport. Padded ankle/ wrist straps are interchangeable. Clip on additional elastics to increase resistance. Please specify medium or heavy resistance.

LEARN TRAIN EQUIP

Twist SMARTMUSCLE® Strength & Power

Introducing...

SMARTMUSCLE® Strength Training with ViPR

ViPR™ - The Evolution of Free Weights has Arrived!

What makes ViPR unique? ViPR mimics the utility of seven tools: barbell, dumbbell, Kettlebell, stability ball, medicine ball, balance device and speed ladder. The "Swiss Army Knife" programming potential of the tool is exploited in 9,000 currently developed exercises equally adaptable for beginners as for expert and elite users. ViPR's safer than steel free weights. It also integrates seamlessly with your club's existing tools (such as BOSU®, TRX®, benches, step and speed ladders).

ViPR is designed to:

- Provide an effective whole-body workout
- Build muscle, burn calories through strength and movement training
- Be versatile – it can be lifted, dragged, thrown, stepped on
- Be safe as it's made from rubber
- Be suitable for all ages and abilities
- Weights ranging from 4kg to 20kg

POWERED BY fitpro

ViPR Details:

ViPR comes in rubber tubes in seven weights, from 4-20kg. The beauty of the design lies in its total body application, and ViPR's complete flexibility: it can be carried, dragged, thrown, flipped, stepped on and rolled; it requires no maintenance, and can be easily stored… pretty much anywhere.

LEARN TRAIN EQUIP

TWIST SMART MUSCLE® ATHLETES

I'M READY™

"Twist Sport Conditioning is by far the best training experience I have ever had. Each exercise is designed specifically for the demands of my sport. The training has helped me become more powerful and a more confident soccer player!"

Christine Sinclair
Canadian Women's
Soccer Team Captain

TWIST® SPORT CONDITIONING CENTRE

TRX® Fitness Anywhere

« Developed in the US avy SEALs and used by top trainers and p athletes! »

TRX™ Suspension Trainer:

Born in the US Navy SEAL Teams: To complete the world's toughest missions, the US Navy SEALs maintain peak condition with strength, agility and endurance second-to-none. The TRX System was designed to deliver that level of fitness - to anyone, anywhere.

The New Revolution in Body Weight Training

The TRX Suspension Trainer™ body-weight training station is designed for the unique demands of health clubs and fitness professionals. Developed in the US Navy SEALs and used by top trainers and pro athletes. The TRX is highly effective at improving core stability, functional strength and flexibility. Users of all fitness levels can perform functional exercises for the entire body with bodyweight resistance that adjusts from 0 to 100%.

Highlights of the TRX Pro & Pro Pack include:

- 1.5" industrial-grade nylon webbing rated to 1500 lbs
- Sewn with heavy-gauge nylon thread
- Double-stitched for strength and durability
- Adjustable non-slip CAM buckles rated to 1,250 lbs. each
- Club-grade grips and integrated foot cradles with neoprene padding for comfort and traction
- Sturdy carabiner with locking tooth to ensure safe training for the most advanced users
- System adjusts from 6' to 12' in length to accommodate users of all sizes and abilities
- Weighs 1.79 lbs

The Original TRX® Pro

The most versatile functional training tool available anywhere. Features include: industrial-quality construction, easy-adjust CAM buckles, club-grade grips with integrated foot cradles for ground-based training. TRX Instructional Materials: The TRX® System comes with a splash-proof fitness guide and instructional DVD. TRX® Suspension Anchor . TRX® easily attaches to any secure structure such as a weight rack, post or beam. Attach to a wall or door using optional anchoring attachments (sold separately). Every aspect of the TRX® System Professional's design and construction is best-in-class. It has been field tested and can be used with confidence year after year!

LEARN TRAIN EQUIP

Original TRX Pro

TRX® Suspension Trainer™ Pro Pack New

TRX Pro Pack

The TRX® Suspension Training Pro Pack comes loaded with the TRX P2 Suspension Trainer and 3-times more exercise content than before. The upgraded TRX P2 model features all new modular anchoring interface for faster set-up and take-down. The 65-minute Basic Training DVD and full-color 35 page workout guide featuring our latest exercise programming and instruction to help user's of all levels maximize their workouts. 2 in-box bonus workouts: TRX Endurance Circuit and TRX Metabolic Blast.

LEARN TRAIN EQUIP

TRX® Force Training Kit

The TRX Force Training Kit includes the military version of the TRX Suspension Trainer™ and fitness program that was developed in the field to achieve and maintain the highest level of physical conditioning—strength, agility and endurance. Whatever your current level of fitness, the TRX Force Training Kit will get you in top form. Kit Includes: TRX Force Trainer™, Suspension Anchor, Door Anchor, Military Fitness Guide, Mesh Storage Bag and Instructional DVD.

LEARN TRAIN EQUIP

TRX® Fitness Anywhere Resources:

TRX® Door Anchor

Anchors the TRX® Suspension Trainer™ to any sturdy door at home or on the road. Reinforced with a steel plate and wrapped in foam and felt so it will not damage wood or paint. "Workout in Progress" safety placard included.

LEARN TRAIN EQUIP

TRX® Suspension Anchor

Used to easily attach a TRX® to any secure structure such as a weight rack, post or beam.

LEARN TRAIN EQUIP

TRX® Wall Mount

The Wall Mount is a fantastic accessory for the use in any indoor area where you plan to train regularly with the TRX®. The Wall Mount may be bolted to any wall's vertical stud or open beam and allows the TRX® to be anchored wherever you want it. Simply attach the TRX® and you're ready to train!

LEARN TRAIN EQUIP

Twist TRX® Resources:

TRX® Performance: Train Like The Pros DVD & Guide

Elite professional fitness coach and consultant to the NFL and the NCAA Todd Durkin will take you through exactly the regimen the pros use. You'll build core strength and endurance, cultivate agility and flexibility, and generally take your fitness from average to elite.

LEARN TRAIN EQUIP

TRX® Performance: Team Sports DVD and Guide

Calling all coaches, players, and those ready to take their athletic performance to the next level. This proven cutting-edge routine, combining TRX Suspension Trainer exercises and super-intense speed and agility drills, will help you reach and surpass former levels of performance and endurance.

LEARN TRAIN EQUIP

TRX® Essentials: Flexibility DVD and Guide

A tailored program of stretches to help you get back the length of muscle and ease of movement your body needs for peak performance and health. Takes you through a series of active stretches that open muscles and connective tissue. Arms, legs, core, back, shoulders and neck are all addressed: you'll achieve improved posture, a better range of motion, and increased stability from head to toe.

LEARN TRAIN EQUIP

TRX® Essentials: Trainer Basics Vol 1 DVD

Adapt and progress Suspension Training exercises to any level from seniors to elite athletes. Incorporate the latest functional training techniques and key exercise progressions for the entire body to develop strength, flexibility, balance and core stability.

LEARN TRAIN EQUIP

TRX® Biomechanics: Healthy Back DVD and Guide

Correct muscular imbalances with an easy-to-follow series of targeted stretches and strength-training exercises, and make your fitness regimen (and everyday activities) easier, healthier and pain-free.

LEARN TRAIN EQUIP

TRX® Core Strength Vol 1 DVD

Instructional DVD and guide to a revolutionary new program that delivers complete functional training of the entire core musculature, including the lower back and the deep abdominals.

LEARN TRAIN EQUIP

TRX® All Body Xpress DVD

Instructional DVD workout that hits all the main muscle groups in just 25 minutes! Double up the routine for maximum endurance and strength conditioning.

LEARN TRAIN EQUIP

TRX® Golf Workout DVD

Exercises in the Golf Workout DVD will improve your shoulder mobility, develop lower body stability and increase your swing power.

LEARN TRAIN EQUIP

Twist SMART MUSCLE® Strength & Power

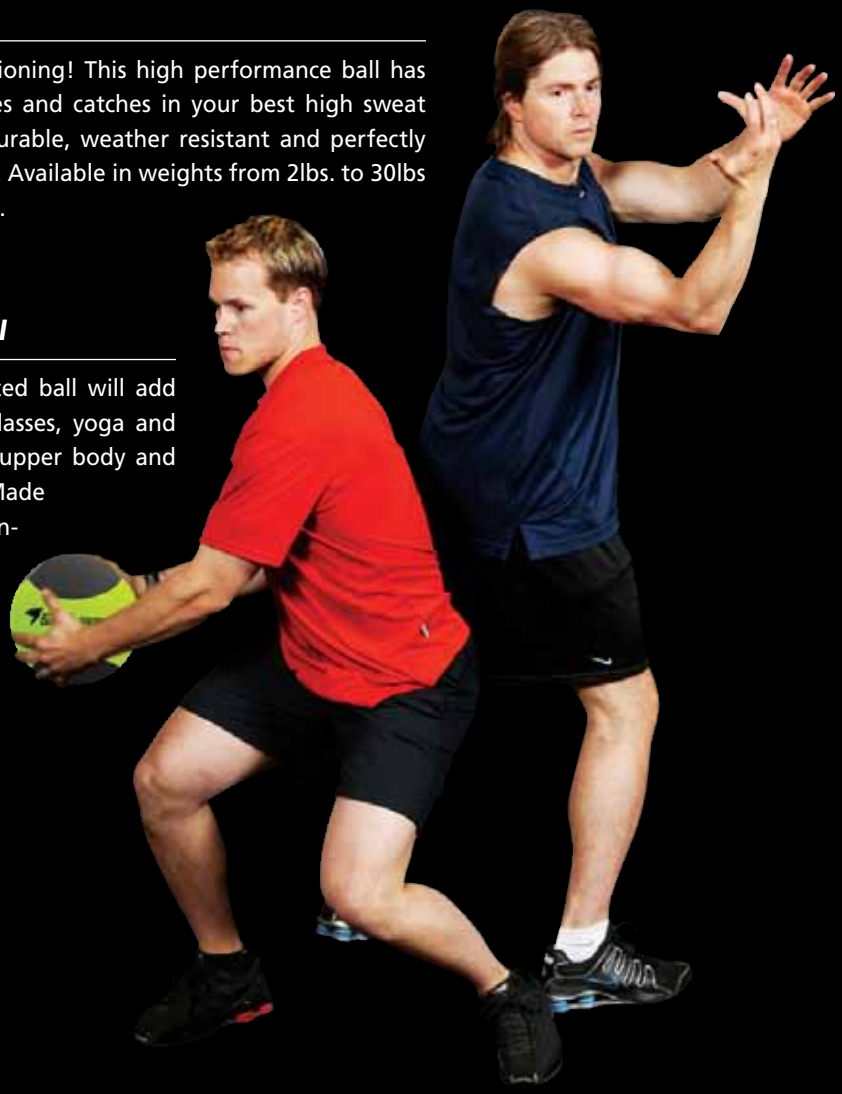
SMART Muscle™ Medicine Balls:

Now a standard item in the trainer's tool box, medicine balls are available in different materials, weights, and sizes. Pound for pound, they all produce the SAME dynamic load needed for building strength, but SMART Muscle Medicine Balls represent a synthesis of all of the best features in a medicine ball: super-durable, high performance, non-slip weather-resistant synthetic rubber, high bounce, and built tough to maintain shape and balance.

Twist SMART Muscle Medicine Ball™

The BEST med ball available for fitness, strength and conditioning! This high performance ball has a unique non-slip, high grip textured surface for solid passes and catches in your best high sweat workouts. Our high bounce, synthetic rubber med ball is durable, weather resistant and perfectly balanced to retain its round shape over the life of the product. Available in weights from 2lbs. to 30lbs Balls are colour coded by weight for easy and quick organizing.

LEARN TRAIN EQUIP



Twist Fitness Ball: The Soft Shell Weighted Ball

Designed to be easily grasped , this soft and pliable weighted ball will add resistance to a wide range of workouts. Ideal for aerobic classes, yoga and Pilates, as well as rehabilitation. Choose lighter weights for upper body and rehabilitation; heavier weights for lower body and core. Made out of soft pliable PVC. Weighted with fine sand and air. Non-Bouncing. Available in 2 to 8 lbs.

LEARN TRAIN EQUIP

Twist SMART MUSCLE™ Strength & Power Resources:

New

SMART MUSCLE® Weighted Vest DVD:

Bigger Results! Maximum overload builds muscle, burns more calories and takes strength training to a totally new experience. Use these SMART MUSCLE® Weighted Vest drills to enhance explosive power, total body strength and competitive desire. Portable and easy to load, using these SMART MUSCLE® Weighted Vest exercises will push athletes to blast through to new performance levels immediately. Take the challenge!

LEARN TRAIN EQUIP

Sport Strength™ – Legs & Shoulders™ (from the Twist Sport Conditioning DVD Series)

Build Muscle, Whole Body Strength and Explosive Power using this unique lifting technique that requires the athlete to overcome balance, movement and resistance to execute mentally challenging exercises. Exercises included develop full spectrum strength with a focus on Legs and Shoulders performance gains. Burn Max Calories, Increase Strength and Size and build a Bigger Body that is exceptionally well prepared to express strength in all situations. Be Strong for Sport and Real Life!

LEARN TRAIN EQUIP

Sport Strength™ – Chest & Back™ (from the Twist Sport Conditioning DVD Series)

Build Muscle, Whole Body Strength and Explosive Power using this unique lifting technique that requires the athlete to overcome balance, movement and resistance to execute mentally challenging exercises. Exercises included develop full spectrum strength with a focus on Chest and Back performance gains. Burn Max Calories, Increase Strength and Size and build a Bigger Body that is exceptionally well prepared to express strength in all situations. Be Strong for Sport and Real Life! LEARN TRAIN EQUIP

Sport Core (from the Twist Sport Conditioning DVD Series)

Strong and Powerful Athletes have outstanding core development that makes them Stable on their Feet and provides world class Rotary Power. Teach athletes of all levels to be strong on their feet using state of the art tools and drills. Training the entire torso region off the floor will ward off injury and increase your competitive edge. Evolve your training to get next level results! LEARN TRAIN EQUIP

Plyometrics (from the Competitive Edge DVD Series)

Explosive Power and Strength eliminates the competition. Learn the secrets used by pro athletes to develop single leg strength, lateral movement, vertical and rotary power using well designed Plyometric training exercises. POWER UP your athletes to improve overall performance with these challenging skills and drills! Equipment Utilized: Plyoboxes, PowerPlyos™, Plyo Hurdles, Vertical Master, Economy Vertical Master. LEARN TRAIN EQUIP

TWIST SMART MUSCLE® ATHLETES

I'M READY™

"Twist Sport Conditioning has been a key component in my on and off ice success. The balance and core work that is crucial in withstanding the demands of the game is worked into every workout. This program has helped me to be the best conditioned on my team 3 years in a row!"

Karl Alzner

- *Washington Capitals (NHL)*
- *World Junior Gold Medalist (2007 -08)*
- *Team Canada Captain in 2008 World Junior Tournament*
- *5th Overall (NHL '07 draft)*
- *CHL Defensemen of the Year (08)*
- *Runner Up for CHL Player of the Year ('08)*

TWIST® SPORT CONDITIONING CENTRE

Twist SMART MUSCLE® Speed

SMART TECHNOLOGY

Speed:

Think of an athlete as a race car with 5 gears. Quickness is the first 2 gears : agility, the ability to corner, turn and break and to shift into reverse. Speed is gears 3 to 5: measured by the rate of acceleration to top speed, the highest velocity at top gear, and the pace that can be sustained at the end of a sprint. The speed training tools we advocate and represent improve stride length, stride frequency, leg power and anaerobic endurance in order to train sprint mechanics, fast twitch muscle fibres, and the brain's ability to dial up more motor units at a faster rate. Bottom line – in any sport, speed is among those sexy athletic attributes that capture coaches' attention and leave opponents in the dust.

Slingshot™

Continuously, alternate overspeed passing and resistance running. An elastic is attached to two swivel belts, allowing athletes to pass one another. Once the elastic is stretched it places the trailing runner in an overspeed condition, accelerating the trailing runner past the lead runner. Once in the lead, runner is now powering forward in a resisted condition. Also great for partner resisted lateral and forward lunges and single leg squats! 4' SMART Toner™ with 2-swivel belts.

LEARN TRAIN EQUIP

Bullet™

The Bullet™ creates tremendous "jump" in stride and quicker acceleration. A 10' long strap with handle allows the coach to provide strong resistance to the runner before pulling the quick release strap. The coach activated quick release strap is connected to the athlete's shoulder harness or belt with a quick release clip. Coach Twist calls this drill "Let–Goes" and uses it to trick the nervous system into commanding the muscles to shift gears quicker.

LEARN TRAIN EQUIP

WildCat™

The WildCat™ allows the athlete to train for explosive lateral speed, full-body agility, and integrated strength movements. Athlete wears a padded belt attached with two 8' SMART Toners™ which can be anchored or held by another athlete/coach to receive resistance in a fixed direction or from variable angles to train for game situations. Great for working sport footwork patterns while also integrating throws and catches. Another nice feature of the WildCat™ is that you can connect the two included SMART Toners™ end to end and utilize the product as an overspeed training device similar to our 2 Man Overspeed Trainer. Includes 1 WildCat™ Belt, 2 - 8' SMART Toners™, and 2 anchors.

LEARN TRAIN EQUIP

«Today I will give everything I have,
what I keep inside I will lose forever»

Power Chute Resistance Chart		
Size	**Approximate Resistance**	**Dimensions**
Small	15 pounds	40″ x 40″
Medium	20 pounds	48″ x 48″
Large	30 pounds	56″ x 56″

Power Chute Sizing Chart			
Body Weight	**Beginner**	**Intermediate**	**Advanced**
Under 170 lbs	S	S or M	M or L
170–210 lbs	S or M	M or L	L or L+S
Over 210 lbs	M or L	L or L+S	L+S or L+M

The Mach Speed Trainer™

The Mach Speed Trainer™ helps you achieve that explosive speed most players only dream of. With up to 150 pounds of resistance you can train for the most demanding sport environments so that when the game is on the line, you have what it takes to explode past your opponent. One of the key components of true speed is the ability to not only accelerate, but also decelerate and with the Mach Speed Trainer™ you will have the best product on the market for training those two skills. Includes 1 Harness, 10' - 75, 100, or 150 pound SMART Toner™ safety elastic, and one anchor. We have designed our padded harness so that it can accommodate football players with their shoulder pads on all the way down to children so you can spend your time training instead of adjusting product sizes. Choose between 75, 105 pounds or 150 pounds of resistance.

LEARN TRAIN EQUIP

Twist Power Chute

The Twist Power Chute allows both resistance and overspeed training without a partner. Improves 2 key elements of speed- stride length and frequency. Chute opens while running for resistance; Velcro belt allows for mid-stride release during sprint for overspeed effect. This increases speed, explosiveness and acceleration. Use while running in any direction, changing directions, or on curves. It is the perfect training device for all sports, including cycling and skating! The built in mesh panels eliminate the tangling of strings found on other chutes, and also provide stability to reduce shifting. Constructed of all-weather tear resistant fabric. Adjustable belt (fits 20″ to 42″ waist). Three sizes for all skill levels.

LEARN TRAIN EQUIP

Twist SMART MUSCLE™ Speed Resources:

Speed (from the Competitive Edge Series)

Help your athletes and clients improve their acceleration, top end speed, stride length, and frequency. Use the progressive skills and drills covered in the Speed Training DVD to expand your coaching repertoire and watch your athletes accelerate. Equipment Utilized: Slingshot™, Overspeed Trainer, Power Chute, Bullet™, Sled Dawg. LEARN TRAIN EQUIP

The Twist Team wants to thank YOU, our customers – athletes and athletes in the making, of all ages and from all walks of life, with many different goals and aspirations. It's YOU - our clients, customers, and students who form the core of our organization and give us the passion for doing what we do!. We place YOU, our customer, at the apex of our operation while we concentrate on providing a solid foundation of support for all your athletic pursuits- be it knowledge, performance enhancement, or a bigger tool box of products and resources. Thank you from all of us at Twist Sport Conditioning!

STAFF BIOS ATHLETE BLOG

TRIGGERPOINT
PERFORMANCE THERAPY
tptherapy.com

TWIST
SPORT CONDITIONING
TRIGGERPOINT
tptherapy.com
Product Catalog
Trigger Point Performance Therapy products are specifically designed to support the massage associated with Trigger Point Therapy, Myofascial Release Therapy, and other forms of massge therapy.

Trigger Point Performance Therapy™:

Twist Sport Conditioning is proud to include Trigger Point Therapy Products in our SMARTMUSCLE® V-Catalogue. Their mission is to provide the most practical style of therapy that can be understood by anyone in need of a lifestyle change, performance enhancement, or general wellness and, like Twist Sport Conditioning, they strive to empower clients through education. Products like thier patented TP Massage Ball™ are made of firm yet pliable materials – to mirror the feeling of a human hand and the effects of a deep tissue massage. Trigger Point Performance Therapy products are designed to facilitate a massage that penetrates the belly of the muscle hands-free without being invasive or traumatic to the muscle tissue. by addressing the body as a whole, the individual can improve overall biomechanics while managing a healthy, active lifestyle. By including Trigger Point Performance Therapy tools for myofascial release therapy and massage in your recovery program, you are moving closer to power, strength, agility, quickness, balance and co-ordination. It takes a real focus on recovery to build SMARTMUSCLE®

HOW IT WORKS

TRIGGER POINT

Trigger Point Performance products are specifically designed to support the massage associated with Trigger Point Therapy, Myofascial Release Therapy, and other forms of massage therapy.

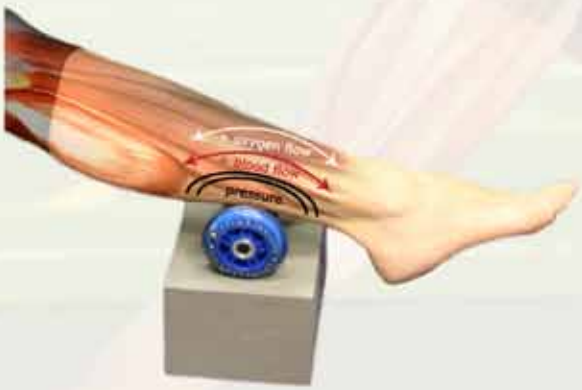
TP Massage Ball

The TP Massage Ball was the first and is the most versatile tool. The primary focus is to massage areas that are typically hard to reach.

Apply pressure with the ball by using the floor, wall, or any hard surface to stabilize movement of the ball. In order to massage the muscle, the ball has to remain still with an ample amount of pressure for five to seven seconds. This is when the ball will change shape and the muscle will soften, allowing for an optimal massage.

LEARN TRAIN EQUIP

Footballer and Baller Block



Trigger Point Performance products are specifically designed to support the massage associated with Trigger Point Therapy, Myofascial Release Therapy, and other forms of massage therapy.

The primary focus is to massage the calf and soleus regions. The Baller Block elevates the foot and lower leg to allow the foot to relax, so the Footballer can be used to massage the muscles.

With the leg resting on top of the Footballer, which sits upon the Baller Block, apply pressure with the hands or opposite leg. As pressure is applied, the material will slightly change shape in about five to seven seconds. As the material changes shape, the user should slowly roll the Footballer back and forth across the Baller Block, massaging the affected area. The smaller the movement, the more concentrated the massage.

LEARN TRAIN EQUIP

HOW IT WORKS

TRIGGER POINT

Quadballer

Trigger Point Performance products are specifically designed to support the massage associated with Trigger Point Therapy, Myofascial Release Therapy, and other forms of massage therapy.

The primary focus of the Quadballer is to massage the muscles in the quads, glutes, IT band, and many other regions of the body by rolling through them.

If the quad muscles go unaddressed, this can lead to aches and pains associated with the IT band, lower back, piriformis, and general pain within the quad region.

The Quadballer rises above all competitors due to its size, portability, effectiveness, and overall visual appeal. Its revolutionary convex shape married with the feeling of a human hand helps you target the specific areas you wish to massage.

LEARN TRAIN EQUIP

The Grid

Trigger Point Performance products are specifically designed to support the massage associated with Trigger Point Therapy, Myofascial Release Therapy, and other forms of massage therapy.

We've raised the bar on the traditional foam roller. The Grid is a roller based on a grid system of varying widths and densities.

This revolutionary design allows you to choose your level of intensity simply by repositioning The Grid. It has a lower intensity level than the Quadballer and is recommended for more general use and core workouts.

LEARN TRAIN EQUIP

TOTAL BODY

PERFORMANCE THERAPY

Total Body Package + Ultimate 6 for Runners Guidebook & U6 DVD

Includes TP Massage Ball, Footballer, Quadballer, Baller Block, and *Ultimate 6 for Runners* Guidebook and *U6* DVD. See DVD description on page 53 in the Education section for a list of contents.

LEARN TRAIN EQUIP

Total Body Package + Ultimate 6 for Runners Guidebook

Includes TP Massage Ball, Footballer, Quadballer, Baller Block, and *Ultimate 6 for Runners* Guidebook.

LEARN TRAIN EQUIP

PERFORMANCE THERAPY

Performance Hip & Lower Back Kit

All the tools and instructions needed to massage the hip and lower back. Includes 2 TP Massage Balls, Footballer, Quadballer, Baller Block, and *Performance Therapy for Hip & Lower Back* DVD. See DVD description on page 53 in the Education section for a list of contents.

LEARN TRAIN EQUIP

Performance Foot & Lower Leg Kit

All the tools and instructions needed to massage the foot and lower leg. Includes 2 TP Massage Balls, Footballer, Baller Block, 4 Quick Reference Cards, and *Performance Therapy Foot & Lower Leg* DVD. See DVD description on page 53 in the Education section for a list of contents.

LEARN TRAIN EQUIP

EDUCATION

PERFORMANCE THERAPY

Performance Therapy for Hip & Lower Back DVD

Includes:

- step-by-step instructional section
- 30-minute follow-along REGEN class

LEARN TRAIN EQUIP

Performance Therapy for Foot & Lower Leg DVD

Includes:

- 4 quick reference cards
- step-by-step instructional section
- 20-minute follow-along REGEN class

LEARN TRAIN EQUIP

EDUCATION

PERFORMANCE THERAPY

Ultimate 6 for Runners DVD

Takes the manipulations from the U6 Guidebook and incorporates them into:

- step-by-step instructional section
- 30-minute follow-along REGEN class

LEARN TRAIN EQUIP

Ultimate 6 for Runners Guidebook

This detailed and thorough book discusses the six key areas to focus on for maintaining performance and injury management. It also includes an introduction to body biomechanics as it relates to movement/ running. The *U6* Book covers product education with relation to posture, placement, and breathing for the six key areas that have been defined.

LEARN TRAIN EQUIP

FOUNDATION

ESTABLISHED 2002

Starter Set

The essential building blocks: TP Massage Ball, Footballer, and Baller Block.

LEARN TRAIN EQUIP

TP Massage Ball

The original and a basic staple for the entire body, any place, any time, anywhere.

LEARN TRAIN EQUIP

Quadballer

Its revolutionary convex shape allows for greater specificity and intensity than a traditional foam roller, empowering you to take rolling to the next level.

LEARN TRAIN EQUIP

FOAM ROLLER

LIFESTYLE

The Black Grid

This revolutionary tool is based on a grid system of varying widths and densities, allowing you to take traditional foam rolling to the next level. Intensity levels are in your control by simply repositioning the Grid. Great for general use and core workouts!

LEARN TRAIN EQUIP

The Orange Grid

This revolutionary tool is based on a grid system of varying widths and densities, allowing you to take traditional foam rolling to the next level. Intensity levels are in your control by simply repositioning the Grid. Great for general use and core workouts!

LEARN TRAIN EQUIP

PROMOTIONAL ITEMS

TRIGGER POINT

Large Injury Banners

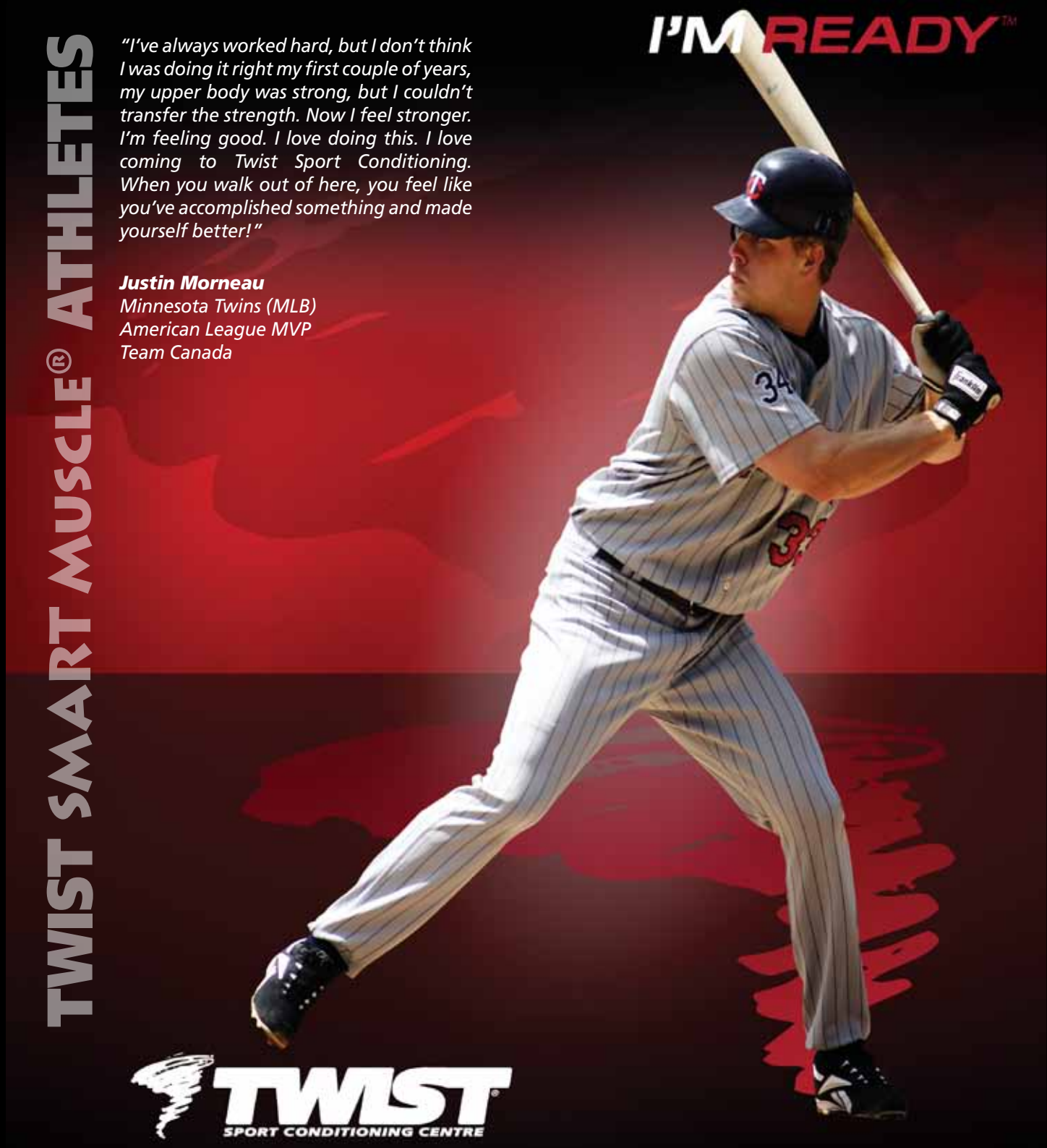
15" x 72" banners include call-out to injury, description, and diagram for four of the most common sport-related injuries. Convenient size saves shelf space while allowing for a real selling piece. Banners are high-resolution printed on sheet vinyl with grommets in the corners. Available individually or as a set.

LEARN TRAIN EQUIP

TWIST SMART MUSCLE® ATHLETES

"I've always worked hard, but I don't think I was doing it right my first couple of years, my upper body was strong, but I couldn't transfer the strength. Now I feel stronger. I'm feeling good. I love doing this. I love coming to Twist Sport Conditioning. When you walk out of here, you feel like you've accomplished something and made yourself better!"

Justin Morneau
Minnesota Twins (MLB)
American League MVP
Team Canada



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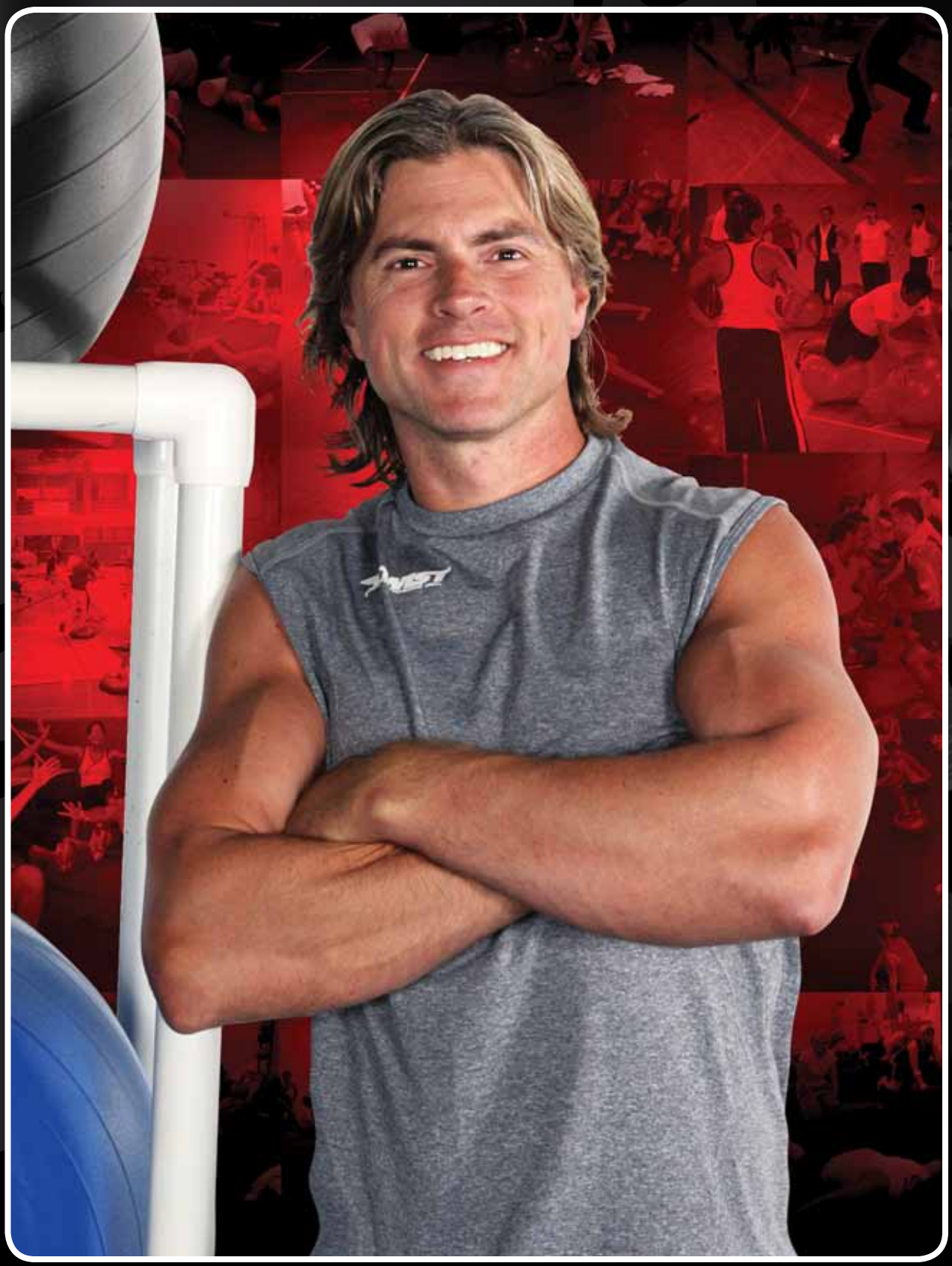


ne Best!

TWIST® SPORT CONDITIONING

Twist Sport Conditioning helps you DELIVER RESULTS™ to your clients, athletes, students, groups.

Twist helps you ***DELIVER RESULTS*** *by providing professional level educational and training opportunities for Sport Conditioning Coaches, Sport Coaches, Athletes, Parents, Teachers, Teacher / Coaches, Rehabilitation Professionals, Emergency Services Professionals and anyone else interested in accessing the world's most innovative sport conditioning methodologies.*

Read about Twist's world-class educational and training programs (see index at right) as you explore the next section...

DELIVER RESULTS™

Twist Sport Conditioning Coach Education Home Study Program:

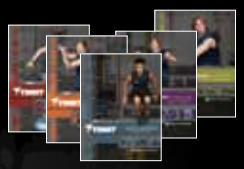
Gold level — **Advanced Concepts**

Silver level — **Essentials**

Bronze level — **Sport Conditioning**

Twist Competitive Edge DVD Series

Twist Sport Conditioning DVD Series



New Twist SMART MUSCLE® Training Systems

Twist Sport Performance Summit

Twist Sport Conditioning Workshops

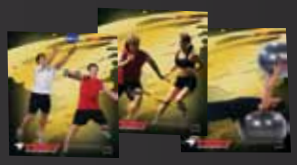
Conference Presentations

Professional Development Days

Twist SMARTMUSCLE® Education

GOLD
SILVER
BRONZE

Twist Sport Conditioning Coach Education Program



Once reserved for live events only, our Twist Sport Conditioning Coach Education Program is now professionally packaged for easy self paced learning and immediate application – learn it today and use it tomorrow.

Program Highlights:

- Twist world-class, proven training methodology to build athleticism
- Affordable
- Accessible from anywhere in the world
- Accredited - quick CEC turn around
- Hundred's of drills that can be easily implemented
- Exercise progressions and regressions based on ability

Who Can Benefit?

The Twist Paradigm has been successfully implemented with athletically inspired individuals of all ages and abilities in one on one, small group and team settings.

Program Structure

The Twist Sport Conditioning Coach education program is progressively laid out to optimize learning, provide progressive application with your clients, and clearly illustrate your level of education and commitment in learning the Twist methodology.

Why Digital Learning?

We want to simplify the process of accessing quality education not make it more difficult. Twist Conditioning is a Global Sport Conditioning Education Company, changing the way the world trains by making our education more accessible and affordable.

Pricing and Ordering

Courses are sold individually or in specially priced packages to fast track your achievement. Courses can be accessed electronically with all materials delivered online or they can be purchased as hard copy materials shipped anywhere in the world.

Examinations and Completion Timelines

An online examination is required to complete each digital learning course. Once an individual has completed the course material, and feels that they are prepared to attempt the online exam, the process to register, write, and receive your grades and completion certificates is fast and efficient.

"I just wanted to thank you for responding as fast as you have. Your organization is really dynamic and professional. I really enjoyed ordering equipment from your company and especially liked taking the home study courses. I found the courses very educational and productive."

Thanks again,
(From Rocky to the whole Twist Conditioning Team in Vancouver)

GOLD LEVEL: Advanced Concepts

Twist Sport Movement Advanced Concepts

Building on the established movement skills and patterns, this advanced course delivers the next level of training with in-depth scientific theory, the progression of complex movement patterns, and exercises and drills with higher levels of skill execution and intensity. Advanced skills and drills to develop rapid excitation, multi directional quickness, and external reactivity progress athletes to be well prepared to challenge high intensity energy training safely and aggressively. This combination of theory and practical application provides an extensive toolbox that is easy to implement for diverse training environments.

Course materials include: Manual, Voice-over PowerPoint presentation, Study Guide, Online Exam. Equipment used: BOSU® Balance Trainer™, Agility Hurdles, Flat Rung Ladders, Sling Shot. LEARN TRAIN EQUIP

Twist Sport Strength Advanced Concepts

Expanding on essential strength training knowledge and exercises, this course explores more advanced training principles and complex exercise progressions with a focus on the development of explosive power. Exercises presented develop explosive linked system strength in more dynamic, unstable training environments with more complex movement skills. Movements focus on more sport specific demands and overall athletic strength that is transferable for individual tactics. The exercises progressively build whole body strength that is initiated with the legs, transfers force through the core and expresses power in the arms to link directly to sport performance and power production. An advanced toolbox of dynamic and explosive exercises provides an endless training repertoire for diverse environments. Course materials include: Manual, Voice-over PowerPoint presentation, Study Guide, Online Exam. Equipment used: SMART Muscle Medicine Ball™, SMART Muscle Board™, Stability Ball, BOSU® Balance Trainer™, Dumbbells, SMART Toner™, Olympic bars and Olympic plates. LEARN TRAIN EQUIP

Twist Sport Balance Advanced Concepts

Complex exercise progressions and advanced training principles are presented to challenge dynamic and transitional balance. The focus is to help athletes improve force production with direction changes at sport speed and under load to challenge balance and impact performance. Movements focus on sport specific demands and overall athletic balance is transferable to individual tactics. An advanced toolbox of exercises that are categorized by difficulty and neuromuscular complexity provides a progressive training methodology that impacts all sports in multiple environments.

Course materials include: Manual, Voice-over PowerPoint presentation, Study Guide, Online Exam. Equipment used: SMART Muscle Board™ Stability Ball, SMART Muscle Medicine Ball™, BOSU® Balance Trainer™, Slingshot™. LEARN TRAIN EQUIP

Twist SMART MUSCLE® Education

SILVER LEVEL: Essentials

Twist Sport Movement Essentials

Effective and efficient movement skills are the foundation of athlete performance. The focus of this course is to develop speed, agility and quickness (SAQ) using a progressive teaching and training methodology. Essential tools include a functional readiness assessment protocol, skills and drills to develop balance and equilibrium, dynamic warm up, foundational movement patterns, nervous system activation and multi directional patterns in a scientific and practical format that is easy to implement for diverse training environments. Course materials include: Manual, Voice-over PowerPoint presentation, Study Guide, Online Exam. Equipment used: SMART Muscle Board™, Stability Ball, Reaction balls, Agility Slats, Agility Hurdles and Flat Rung Ladders.

LEARN TRAIN EQUIP

Twist Sport Strength Essentials

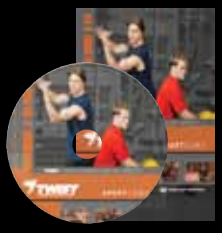
This innovative strength training program explores the evolution of training from muscle isolation focus to an integrated whole body dynamic lifting techniques. The exercises progress from the development of stability, mobility, eccentric control and total body linked system strength mechanics to create athletic strength and skillful movement. A functional assessment helps understand athlete strengths and weaknesses, combined with the exercise progressions creates a strong foundation for strength and power performance. Course materials include: Manual, Voice-over PowerPoint presentation, Study Guide, Online Exam. Equipment used: SMART Muscle Board™, Stability Ball, Dumbbells, SMART Toner™, Olympic bars and Olympic plates. LEARN TRAIN EQUIP

Twist Sport Balance Essentials

This cutting edge balance training program teaches the importance of balance to athlete performance along with the process and progressions needed to challenge balance for sport improvement. The functional assessment protocol uncovers athlete weak links so that exercises can be used to improve movement, stability and strength providing the foundation for sport success. Easy to implement exercises are categorized based on difficulty and complexity creating a simple and effective plan to improve balance for sport. Course materials include: Manual, Voice-over PowerPoint presentation, Study Guide, Online Exam. Equipment used: Stability Ball, Fit Ball, Balance Pod, BOSU® Balance Trainer™, Slingshot™. LEARN TRAIN EQUIP

BRONZE LEVEL: Sport Conditioning Home Study DVD Series

Sport Core™



This digital learning course utilizes cutting-edge theory and practical information developed by sport conditioning industry innovator Peter Twist to help you understand and apply the principles of stability and rotary power into your training design. The core is best developed with a focus on whole body closed kinetic chain stability and rotary power to create a center for movement and force transfer. For dynamic performance and injury prevention, your core stabilizes to allow powerful leg and arm actions, leads into turns, absorbs stopping actions and regulates balance. Using the BOSU Balance Trainer™, Medicine Balls, Twist Smart Toner™, free weights and Stability balls. Includes: Workbook, Sport Core DVD, Online Quiz and Certificate. LEARN TRAIN EQUIP

Sport Strength™ – Legs & Shoulders™

Learn a state of the art sport strength training program by completing this digital learning course designed by sport conditioning veteran coach, Peter Twist. Success in sport and in life movement requires the ability to transfer force from the legs through the core to the upper body seamlessly. With a focus on training integrated movement, you will study from a comprehensive workbook and DVD combination to learn how to incorporate both movement and balance into your training methodology. The result will be the development of a stronger, smarter body by using the Linked Strength™ system for the Legs and Shoulders. Includes: Workbook, Linked Sport Strength™ Legs and Shoulders DVD, Online Quiz and Certificate. LEARN TRAIN EQUIP

Sport Strength™ – Chest & Back™

Study with expert sport conditioning coach, Peter Twist to learn how to design programs using this integrated approach to developing strength. Sport and life movements occur in an unpredictable environment and in order to respond effectively we need to be able to transfer force from the legs through the core to the upper body. Follow this progressive training program using a well-designed workbook and DVD package to learn how to develop push pull exercises that incorporate balance and movement for truly effective results. The Linked Strength™ system for Chest and Back trains the body to become more skillful and develops intelligent strength to meet the demands of everyday life and sports. Includes: Workbook, Linked Strength™ Chest and Back DVD, Online Quiz and Certificate.

LEARN TRAIN EQUIP

Sport Balance™

This digital learning program provides an in depth analysis of the technical and mechanical foundations of dynamic balance presented by globally recognized sport conditioning industry leader Peter Twist. You will learn techniques designed to improve proprioception, stability, and muscular coordination as you work through the progressive workbook and DVD package. Whole body balance will be developed using the BOSU Balance Trainer™, Smart Board™, Stability Balls, and drills using no equipment with the result being coordinated movement, and effective deceleration as well as directional change. Includes: Workbook, Sport Balance DVD, Online Quiz and Certificate.

LEARN TRAIN EQUIP

Agility, Quickness and Reactivity™

This digital learning course delivers progressive training methodology developed by sport conditioning expert Peter Twist to develop optimal performance through effective movement. Theory, drills, and teaching progressions for agility, quickness and reaction skills for young athletes, adult functional fitness and elite athletes are covered in this comprehensive DVD and workbook package. The outcome will be an enhanced ability to improve movement skillfulness using single leg, double leg, acceleration, deceleration, lateral movements, stride power, vertical jump and many other movement patterns. Includes: Workbook, Agility, Speed and Reactivity DVD, Online Quiz and Certificate.

LEARN TRAIN EQUIP

The Competitive Edge DVD Series

Every Sport Conditioning Coach and Personal Trainer searches for innovative skills and drills to give their athletes and clients the competitive edge. Accelerate your ability to produce champions using a new piece of training equipment or a new training concept when you implement this great new DVD series from Twist Sport Conditioning. The Competitive Edge DVD series was designed to allow you to hit the ground running with the latest innovative training equipment, and to provide new ideas on how to use traditional equipment.

The Competitive Edge DVD Series: Ladders & Hurdles

Lightening Fast Feet, Agility and Speed give athletes the elusive edge over opponents. These Ladder and Hurdle drills develop coordination and mobility creating first step quickness for direction change. Looking for drills to improve reaction time? This collection of drills with coaching cues and progressions delivers immediate results. Equipment Utilized: Flat Rung Agility Ladder, Micro Hurdles. LEARN TRAIN EQUIP

The Competitive Edge DVD Series: Speed Training

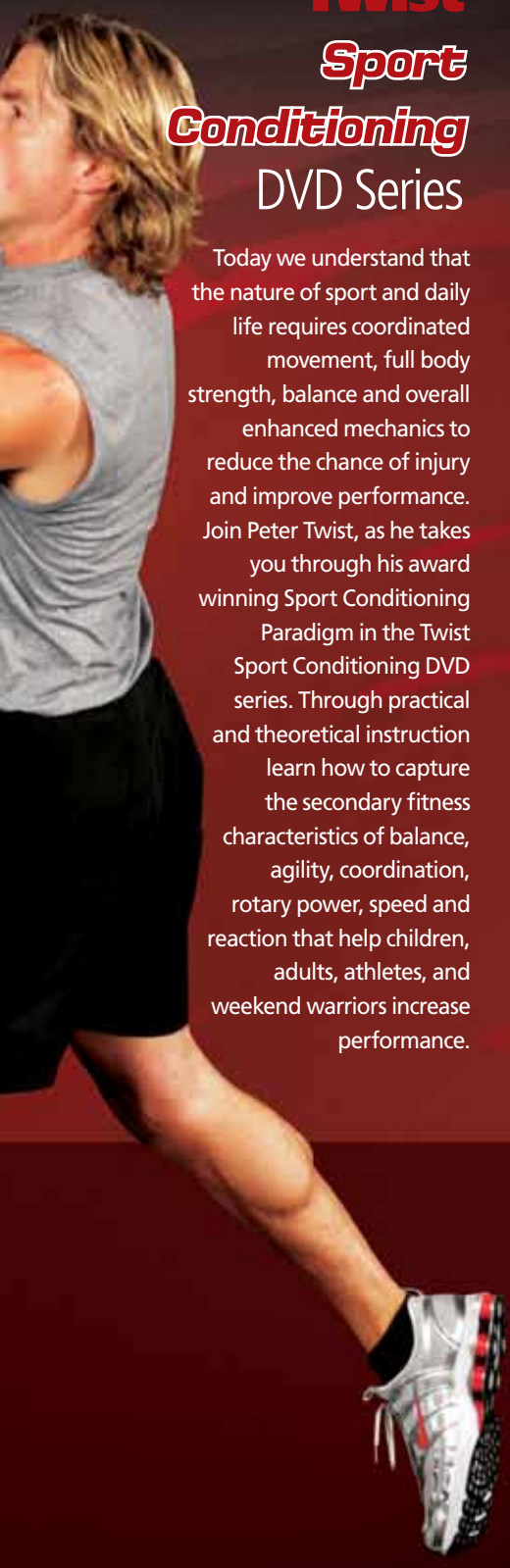
Fast, Powerful and Exciting - Get premium results with these popular Speed Training Tools Challenge your athletes to reach a new gear of speed and acceleration when you integrate these best of class speed training principles and tools. Leave everyone else in the dust. Equipment Utilized: Slingshot™, Overspeed Trainer, Power Chute, Bullet™, Sled Dawg. LEARN TRAIN EQUIP

The Competitive Edge DVD Series: Plyometrics

Explosive Power and Strength eliminates the competition. Learn the secrets used by pro athletes to develop single leg strength, lateral movement, vertical and rotary power using well designed Plyometric training exercises. POWER UP your athletes to improve overall performance with these challenging skills and drills! Equipment Utilized: Plyoboxes, PowerPlyos™, Plyo Hurdles, Vertical Master, Economy Vertical Master. LEARN TRAIN EQUIP

The Competitive Edge Series: Agility Cones

High Tempo, Exciting, Challenging Agility Drills builds competitive spirit and motivates athletes to work hard! Ready to implement in practice or before competition, these drills activate multiple athletes helping build agility and Speed using basic to complex movement configurations. Competition + Play = Hard Work + Fun!. Equipment Utilized: Agility Cones. LEARN TRAIN EQUIP



Twist Sport Conditioning DVD Series

Today we understand that the nature of sport and daily life requires coordinated movement, full body strength, balance and overall enhanced mechanics to reduce the chance of injury and improve performance. Join Peter Twist, as he takes you through his award winning Sport Conditioning Paradigm in the Twist Sport Conditioning DVD series. Through practical and theoretical instruction learn how to capture the secondary fitness characteristics of balance, agility, coordination, rotary power, speed and reaction that help children, adults, athletes, and weekend warriors increase performance.

Twist Sport Conditioning DVD Series: Sport Balance

Balance is the foundation for Strength, Speed, Power and Agility. Athletes with outstanding balance skills are better able to read and react to game breaking plays, avoid injury and make higher level strategic decisions quickly in the heat of competition. Integrating balance into a training plan gives athletes the critical skills to meet the unpredictable demands of Sport and Real Life with ease!

LEARN TRAIN EQUIP

Twist Sport Conditioning DVD Series: Sport Core

Strong and Powerful Athletes have outstanding core development that makes them Stable on their Feet and provides world class Rotary Power. Teach athletes of all levels to be strong on their feet using state of the art tools and drills. Training the entire torso region off the floor will ward off injury and increase your competitive edge. Evolve your training to get next level results! LEARN TRAIN EQUIP

Twist Sport Conditioning DVD Series: Agility, Quickness & Reactivity

Fast, Explosive, Deceptive - expose this winning combination for all levels of athletes using the drills and teaching progressions presented in this excellent training resource. Learn when and how to develop Acceleration, Stride Power, Vertical Jump Height, Lateral movement speed, Agility and Reaction with this diverse collection of skills, drills and coaching cues. To Be Fast – you Must Train Fast! LEARN TRAIN EQUIP

Twist Sport Conditioning DVD Series: Sport Strength-Legs & Shoulder

Build Muscle, Whole Body Strength and Explosive Power using this unique lifting technique that requires the athlete to overcome balance, movement and resistance to execute mentally challenging exercises. Exercises included develop full spectrum strength with a focus on Legs and Shoulders performance gains. Burn Max Calories, Increase Strength and Size and build a Bigger Body that is exceptionally well prepared to express strength in all situations. Be Strong for Sport and Real Life! LEARN TRAIN EQUIP

Twist Sport Conditioning DVD Series: Sport Strength-Chest & Back

Build Muscle, Whole Body Strength and Explosive Power using this unique lifting technique that requires the athlete to overcome balance, movement and resistance to execute mentally challenging exercises. Exercises included develop full spectrum strength with a focus on Chest and Back performance gains. Burn Max Calories, Increase Strength and Size and build a Bigger Body that is exceptionally well prepared to express strength in all situations. Be Strong for Sport and Real Life! LEARN TRAIN EQUIP

New Twist SMARTMUSCLE® Training System

• Complete Core • Dynamic Balance • Strength and Power • Speed and Agility

Turbo charge your training and maximize your results with ready to use workouts that build athleticism in all types of athletes. Performance improvements guaranteed in balance, core, strength as well as speed, agility and quickness – over 200 exercises with pictures, coaching cues and built in progressions give you all the necessary ingredients to create powerful and exciting workouts that deliver results. Keep your competitive edge, build your revenue stream, strengthen retention, grow referrals and fuel your passion for training with this world class workout design system. Crank out exciting cutting edge workouts with ***ALL 4*** of the Twist SMARTMUSCLE® Training Systems.

Highlights

- **Over 70 exercises**
- **Mix and match to create endless workouts**
- **Built in progressions**
- **Ready to use – easy to implement**
- **DELIVER RESULTS for athletes of all abilities**

Twist SMARTMUSCLE® Strength & Power Training System

Activate multiple muscle layers that train the entire body as a unit to ignite maximum gains in muscle development and elevate caloric expenditure using complex and unique strength progressions. LEARN TRAIN EQUIP

Twist SMARTMUSCLE® Complete Core Training System

Create valuable standing core development using diverse exercises that train the full range of core stability, endurance and rotary power to drive performance from the inside out. LEARN TRAIN EQUIP

Twist SMARTMUSCLE® Speed and Agility Training System

Awaken a youthful sense of play and develop instant readiness to meet various demands for quick reaction, fast feet and high energy movement using this versatile collection of skills and drills. LEARN TRAIN EQUIP

Twist SMARTMUSCLE® Dynamic Balance Training System

Enhance body awareness, posture and precise body control by implementing dynamic balance challenge progressions and watch athletic confidence explode. LEARN TRAIN EQUIP

"Twist SMARTMUSCLE® Training gives all athletes a performance edge. Enhanced mind to muscle communication drives the development of all the physical tools needed to play at full speed."

LEARN: World-Class Opportunities From Twist:

Twist Sport Conditioning plays a major role in providing a wide range of innovative sport conditioning educational opportunities for Sport Conditioning Coaches, Sport Coaches, Athletes, Parents, Teachers / Teacher Coaches, Rehabilitation Professionals, Emergency Services Professionals...

Twist Professional Development Days

Twist Conditioning has packaged our recipe for training athletes into a variety of professional development lectures and practical workshops designed to invigorate, refresh, and stimulate teachers and coaches. Each workshop focuses on developing the secondary fitness characteristics of anaerobic energetics, dynamic balance, speed, agility, quickness, movement skills, muscle reactivity, reaction skills, multi joint strength and power, and rotary core strength. The Twist Sport Conditioning Paradigm is transferable to many populations, including youth and school curriculum, incorporating many of the emerging trends in the fitness and sport industry. LEARN MORE

Twist Conference Presentations

The Twist Master Coach Presenter Team is comprised of Industry leading Sport Conditioning Coaches with National, Professional and Olympic level experience. Each educator on the team has diverse sport backgrounds, teaching styles, and areas of specializations to allow us to provide you with a presenter who will be a great fit for your educational needs. Twist's Conference sessions focus on the development of SMART Muscles™ and are a great fit for Personal Trainers, Strength and Conditioning Coaches, Teachers, Sport Coaches, and Allied Health Professionals.
LEARN MORE

Twist Sport Conditioning Workshops

Join the Twist team of coaches and educators for a series of 2 hour workshops designed to provide you with the essentials of sport conditioning. These workshops serves as great continuing education events for clubs, sport associations, and professional development days. A main focus of the Twist Education Team is to share their passion for sport conditioning through live workshops so that individuals all over the world are able to pursue sport conditioning success with athletes of all ages and abilities. LEARN MORE

Twist Sport Performance Summit

Powerful – Join the Twist Team and immerse yourself in an event dedicated to helping improve your sport conditioning and functional fitness knowledge and practical training. Accelerate – Your knowledge, experience and marketing edge when you gain new ideas, innovative training tools, networking opportunities. Strengthen – Your sport conditioning toolbox with great savings on Twist products and education to keep you on the cutting edge all year long. LEARN MORE

«Today I will give everything I have,
what I keep inside I will lose forever»

TWIST®
SPORT CONDITIONING

This is not a gym.
There are no machines.
Except one – the human body...

Twist Sport Conditioning Centres™ are the training home for many professional, National, Olympic and developing athletes, as well as active adults looking to gain an edge on life.

Blending the raw feel of a warehouse with modern design, and the highest quality **SMART MUSCLE®** experience, franchised Twist Sport Conditioning Centers are built to inspire all who enter.

Bring a Twist Sport Conditioning Centre™ franchise to your community and join us as we change the way the world trains!

LEARN MORE

«Today I will give everything I have,
what I keep inside I will lose forever»

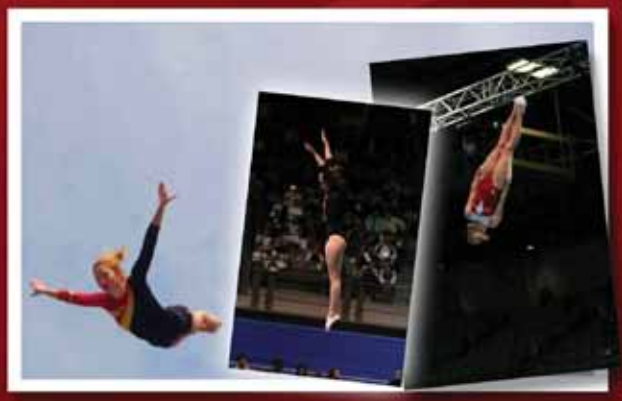
I'M READY™

"I came to Twist with the two-fold goal of overcoming injury and increasing my power. The Twist workouts have challenged me as never before to perform powerful multi directional technically correct athletic movements under game-like conditions. I have resumed reasonably vigorous training with my team and hope to make more gains in strength and power. The Twist team has much to offer the senior crowd. I can attest to that."

Bruce Hill
Twist SMARTMUSCLE® Athlete
Masters Track and Field Team (BC 4x100 Medalist and World Masters Games Competitor)

MORE INFO

"In my two years of going to Twist Sport Conditioning, I have felt my body transform. Twist has also helped me mentally with preparing for competition. They've helped me with staying positive and trying my best. My body is in the best of shape it's ever been in and that's all thanks to Twist."



Anita Cirillo
Twist SMARTMUSCLE® Athlete
2009 Elite Canada Senior Women Synchro Trampoline – Gold • 2008 & 2009 BC Provincial Championship Senior Women EliteTeam

MORE INFO

"Thank you Twist!"

Aleisha Cline
Twist SMARTMUSCLE® Athlete
"The Lady Dominator", Canadian Ski-Cross Team
Won World Cup event in 2009 just 9 months after delivering her second child!

MORE INFO

TWIST SPORT CONDITIONING CENTRE

TWIST® SPORT CONDITIONING

Twist Sport Conditioning

In The Media

Peter Twist's passion is teaching

– he has shared his training theory in 10 books, 18 DVDs and more than 400 articles on athlete development and sport performance. The Twist Education team is driven to deliver results by creating new exercises and training concepts founded in science- implemented first in Twist Sport Conditioning Centres with athletes who validate the training style through continuous performance improvements. As the teacher to trainers and coaches, Twist exists at the front-end of the industry, delivering new how-to-train content packaged into world class home study professional resources, and via live conferences, workshops, and education Summits on 5 continents.

Twist's "How to Train for SMART Muscle™" resources are delivered worldwide via articles and editorial for major fitness and sport publications, advisory board member, guest TV and radio spots, on-line resources and other media opportunities appearing as a world renowned fitness and performance training expert for active adults, kids and aspiring athletes who want to learn to build SMART Muscle™ and become their very best.

TWIST IN THE NEWS | VIDEO LIBRARY | PHOTO GALLERY

"We are changing the way the world trains"

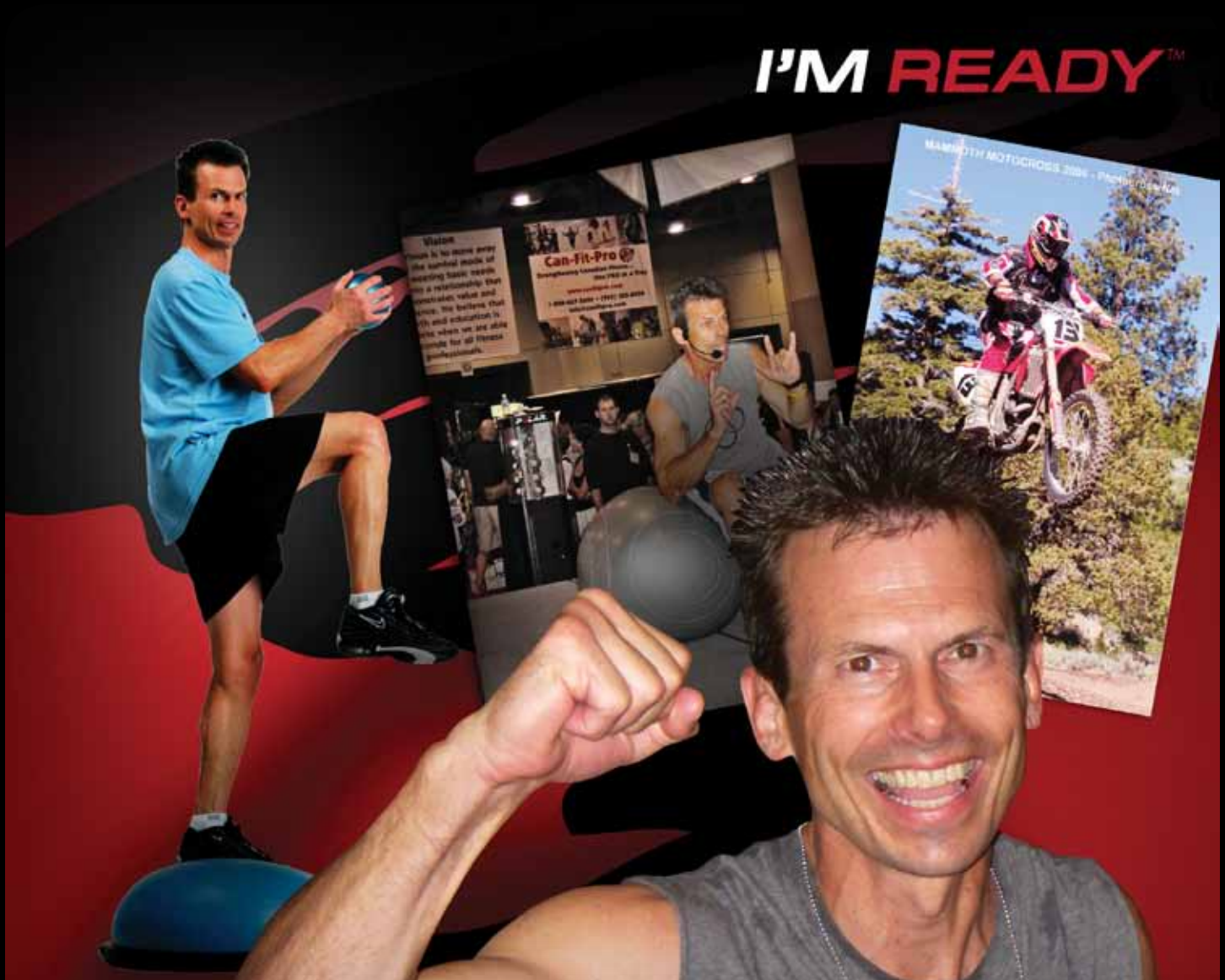
Join the Revolution!

Twist Sport Conditioning
is proud to work closely with some of the Sports Conditioning and Fitness Industry's best presenters...

I'M READY™

"Peter Twist is an incredible speaker. His material is always innovative, effective and fun. You always walk away with so many user-friendly ideas and tools that you can implement into your training programs immediately. But above and beyond that, Pete is a down-to-earth, non-intimidating presenter who has an exceptional ability to teach difficult concepts in a manner that makes them easy to understand. We recently featured him as the guest speaker at a local conference that we host and the feedback from our staff and the delegates was wonderful."

Alex & Sherri McMillan WEB SITE
Owners, Northwest Personal Training & Fitness Education, Alex and Sherri have been in the fitness industry for over 16 years and have written numerous articles and presented hundreds of workshops to thousands of fitness leaders throughout Canada, Australia, New Zealand, Germany, England, Spain, South America, Asia and the U.S.A. including the prestigious IDEA, CanFitPro and IHRSA conferences. Sherri was recipient of the 1998 IDEA International Personal Trainer of the Year, 1998 CanFitPro Canadian Fitness Presenter of the Year and 1st Runner up – 2005 ACE Fitness Educator of the Year awards.



"Training toys come and go, but Twist Sport Conditioning seems to have a knack for identifying products that are here to stay, grounded in science and impact the quality of training we deliver as trainers, coaches and group fitness instructors. Twist and his sport conditioning methodologies have impacted me and how I train my athletes and personal training clients. Twister's down to earth, yet motivating, entertaining and infectious delivery style captivates and changes both world class athletes and common warriors in profound ways. Why? Because it makes sense! Improved performance - powered by knowledge and backed by science - is the bottom line result of the "Twist Culture!" Thanks for making these types of products and cutting-edge education available!"

Douglas Brooks, MSc. WEB SITE

Acknowledged as one of USA's premier personal trainers by numerous publications, Douglas Brooks is truly the "Trainer's Trainer." As an author, lecturer, trainer and video personality, his knowledge of fitness is recognized by professionals and the public worldwide.

Twist Sport Conditioning

is proud to work closely with some of the Sports Conditioning and Fitness Industry's best presenters...

I'M READY™

"Peter Twist has a down to earth, no-nonsense approach to athletic development. His philosophies are founded upon evidence-based material which is guaranteed to result in positive gains. Any athlete should have confidence that they are getting the kind of practical, proven results training that will increase their performance."

Donald A. Chu WEB SITE

Author (Jumping into Plyometrics, 2nd ed.), International Presenter, Past President of NSCA, training and conditioning consultant to many NFL, NBA, MLB, and USA Olympic athletes.

"Pete Twist and the entire Twist team are experts in the field of sports and performance training. They deliver cutting edge, innovative programming that is easily transferable to trainers, teachers, and enthusiasts alike. The Twist team is at the top of their game and always five steps ahead of the current leaders."

Mindy Mylrea WEB SITE

1999 Idea Instructor of the Year, master trainer for Schwinn cycling, professional development team member for BOSU® and Body Bar, and owner of Jump Inc Fitness Consulting.

Shopping & Ordering Information

Learn, Train, Equip – Catalogue Shopping: See page 2 for information on shopping directly from the catalogue. In addition to shopping, find out how you can view video demonstrations of products, explore embedded info links, and learn how to use each product to its maximum - all from the comfort of your home or office.

Credit Cards: We accept payment via VISA and MasterCard.

Alternative shopping options: While the catalogue provides direct click & shop from each page, we also offer these shopping alternatives:

By Phone: 888-214-4244 (Option "0" for Customer Service), call toll-free Mon– Fri, 8:30 am–4:30 pm Pacific Standard Time. Please have your credit card and order details ready.

By Fax: Download an order form from our website, fill it out and fax it to us 24 hours a day, seven days a week to 604-904-6558. Include product names, codes, quantity and payment details. Card holder signature is required on all order forms!

By E-mail: Send in your order, with payment details, to products@twistconditioning.com

By Mail: Mail your completed order form, along with cheque (please allow 7-14 days for cheque clearance) or money order (payable to Twist Sport Conditioning), Twist Sport Conditioning, Unit 12-1225 East Keith Road, North Vancouver, BC V7J 1J3 Attn: "Customer Service"

Twist Sport Conditioning (Canada)
Unit 12 - 1225 East Keith Road, North Vancouver, BC V7J 1J3
Phone (toll free): 1-888-214-4244 | Local: 604-904-6556 | Fax: 604-904-6558

Twist Sport Conditioning (USA)
Phone (toll free): 1-888 214-4244

Related Information

Shipping and handling:
We are able to process most orders the same day they are received. Shipping charges will be added to each order, and vary by the size & weight of each item and destination of shipment. All orders are shipped via Purolator Courier Ground Service, for next day delivery in the Lower Mainland, and 4-6 business days across Canada. Orders from US customers are shipped via UPS Ground Service within 48 hours upon receipt from our Colorado warehouse, for all in stock items. International delivery times may vary. Oversize and heavy items are shipped freight carrier. Please call for shipping charges to your destination. With freight carrier shipments, inside delivery is not available. Please allow 2- 6 weeks for freight carrier shipments.

Back-order Policy:
All orders will be shipped with current available inventory. All customers will be notified of any items that are out of stock, by phone or e-mail. If items are backordered, the total shipping and handling charges will be allocated proportionally and charged as the merchandise is shipped. Please note that the total shipping and handling charge will not increase. All back-ordered items ship via Standard Delivery.

Merchandise Return Policy:
If you are not completely satisfied with your order, you may return the unused item within 14 days (excluding CDs, DVDs, Videos, and printed materials, such as manuals, charts, etc.) for purchase price credit. Please call 888-214-4244 (our Customer Service desk) to obtain a return authorization number. Follow the return instructions located on the form included with your order. A copy of the original invoice must accompany all returns. We reserve the right to decline returns that are in poor condition, do not have a return authorization number, or are not accompanied by a copy of the original invoice. With the exception of shipping errors, refunds or credits are not issued for shipping charges.

90 Day Limited Warranty:
All products carry a limited 90 day warranty against manufacturing defects from the invoice date. Should your product show signs of defective workmanship or materials prior to the expiration of the 90 day warranty period, call our customer service department at 888-214-4244 to receive an exchange authorization number. This warranty is limited to the replacement of the product by Twist Sport Conditioning, and all transportation, shipping and return costs shall be at the customer's expense. This warranty does not extend to any defect or problem caused by negligence of the user, failure to maintain the product as outlined in the manufacturer's instructions furnished with the product, unreasonable use, accidents, alterations and ordinary wear and tear. No other warranty, written or implied, exists unless noted in the catalogue.
Twist Sport Conditioning WILL NOT BE RESPONSIBLE OR LIABLE FOR INDIRECT OR CONSEQUENTIAL DAMAGES OF ANY KIND.

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